# THE ENGLISH HOUSE-WIFE.

CONTAINING

The inward and outward Vertues which ought to be in a compleat Woman.

As her skill in Physick, Surgery, Cookery, Extraction of Oyles, Banqueting stuffe, Ordering of great Feasts, preserving of all sorts of Wines, conceited Secrets, Distillations, Perfumes, ordering of Wooll, Hemp, Flax, making Cloth, and Dying, the knowledge of Dayries, Office of Malting of Oates, their excellent uses in a Family, of Brewing, Baking, and all other things belonging to an Houshold.

A Work generally approved, and now the fifth time much augmented, purged, and made most profitable and necessary for all men, and the generall good of this KINGDOME.

By *G. M.*

*LONDON.*

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# THE ENGLISH HOUSEWIFE.

To the Right

# HONOVRABLE

And moſt excellent Lady, FRANCIS Counteſſe DOWAGER of EXCETER.

HOwſoever (Right Honourable and moſt vertuous Lady) this book may come to your Noble goodneſſe clothed in an old name or garment, yet doubtleſſe (excellent Madam) it is full of many new vertues which wil ever admire and ſerve you; and though it can adde nothing to your own rare and unparelleld knowledge, yet may it to thoſe noble good ones, which will endeavour any ſmall ſparke of your imitation, bring ſuch a light as may make them ſhine with a a great deal of charity. I do not aſſume to my ſelfe (though I am not altogether ignorant in ability to judg of theſe things) the full intention, and ſcope of this whole work: for it is true great Lady, that much of it was a Manuſcript, which many yeares agone belonged to an honourable Counteſſe, one of the greateſt Glories of our Kingdome, and were the opinion of the greateſt Phyſitians which then lived; which being now approved by one not inferiour to any of the profeſſion I was the rather imboldned to ſend it to your bleſſed

hand, knowing you to be a Mistresse so ful of honorable piety and goodnes, that although this imperfect offer may come unto you weak and disable, yet your noble ver-tue will support it, and make it so strong in the world, that I doubt not but it shal do service to all those which will serve you, whilest my selfe and my poore prayers, shal to my last gasp labour to attend you.

The true admirer of your
Noble vertues.

GERVACE MARCHAM,

THE

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THE

The approved

# BOOKE

Called the

## *ENGLISH HOUSE-WIFE,*

CONTAINING

All the vertuous knowledges and actions both of mind and body, which ought to be in any compleat *Houſ-wife* of what degree or calling ſoever.

*The ſecond Book.*

### CHAP. I.

*Of the inward vertues of the mind, which ought to be in every Houſ. wife. And firſt of her generall knowledges both in Phyſick and Surgery, with plain approved medicines for health of the Houſe-hold; alſo the extraction of excellent* Oyles *fit for thoſe purpoſes.*

Having already in a ſummary briefneſſe paſſed through thoſe outward parts of Husbandry which belong unto the perfect Husbandman, who is the Father and Maſter of the Family, and whoſe Office and imployments are ever for the moſt part abroad, or removed from the houſe as in the field or yard: It is now meet that we deſcend in as orderly a Method as we can, to the office of our Eng-

liſh *Houſwife*, who is the mother and Miſtris of the family, and hath her moſt generall imployments within the houſe; where from the generall example of her vertues, and the moſt approved skil of her knowledges thoſe of her Family may both learn to ſerve God and ſuſtain man in that godly, and profitable ſort which is, required of every true Chriſtian.

a Houſwife muſt be religious.

Firſt then to ſpeak of the inward vertues of her mind, ſhe ought, above all things, to be of an upright and ſincere religion, & in the ſame both zealous and conſtant, giving by her example, an incitement and ſpur, unto all her family to perſue the ſame ſteps, and to utter forth by the inſtruction of her life, thoſe vertuous fruits of good living, which ſhall be pleaſing both to God and his creatures; I doe not meane that herein ſhe ſhould utter forth that violence of ſpirit which many of our vainly accounted pure *women* do, drawing a cõtempt to the ordinary Miniſtery, and thinking nothing lawful but the fantaſies of their own inventions, uſurping to themſelves a power of preaching and interpreting the holy word, to which only they ought to be but hearers and believers, or at the moſt but modeſt perſwaders, this is not the office either of good Houſ-wife or good woman. But let our Engliſh Houſe-wife bee a godly, conſtant, and religious woman, learning from the worthy Preacher and her husband, thoſe good examples which ſhe ſhal with all careful diligence ſee exerciſed amongſt her ſervants.

In which practiſe of hers, what particular rules are to be obſerved I leave her to learne of them who are profeſſed Divines and have purpoſely written of this argument; only thus much will I ſay, which each one experience will teach him to be true, that the more careſ-

ful the maſter and miſtris are to bring up their ſervants in the daily exerciſes of Religion toward God, the more faithful they ſhal find them in all their buſineſſes towards men, and procure Gods favour the more plentifully on all the houſhold: and therefore a ſmall time morning and evening beſtowed in prayer s and other exerciſes of religion, wil prove no loſt time at the weeks end.

Next unto this ſanctity and holines of life, it is meet that our Engliſh Houſ-wife be a woman of great modeſty and temperance, as well inwardly as outwardly; inwardly, as in her behaviour and cariage towards her husband, wherein ſhe ſhall ſhun all violence of rage, paſſion and humour, coveting leſs to direct then to be directed, appearing ever unto him pleaſant, amiable, & delightful, and though occaſion miſhaps, or the miſgovernment of his will may induce her to contrary thoughts, yet vertuouſly to ſuppreſs them, and with a mild ſufferance rather to cal him home from his error then with the ſtrength of anger to abate the leaſt ſpark of his evil, calling in her mind that evill and uncomely language is deformed though uttered even to ſervants, but moſt monſtrous and ugly when it appears before the preſence of a husband: outwardly, as in her apparrell and diet, both which ſhe ſhal proportion according to the competency of her husbands eſtate and calling making her circle rather ſtrait then large, for it is a rule if we extend to the uttermoſt, we take away increaſe, if we go a hair bredth beyond, we enter into conſumption: but if we preſerve any part, we build ſtrong torts againſt the adverſaries of fortune. provided that ſuch preſervation be honeſt and conſcionable: for as laviſh prodigality is brutiſh, ſo miſerable covetouſneſſe is

She muſt be temperate.

Other Garments. helliſh. Let therfore the Huſ-wives garments be comely and ſtrong made aſwel to preſerve the health, as adorne the perſon, altogether without toyiſh garniſhes, or the gloſſe of light colours, and as far from the vanity of new and fantaſtick faſhions, as neer to the comely imitations of modeſt Matrons: let her diet be wholſome and cleanly; prepared at due hours, and Cookt with

Other Diet. care and diligence, let it be rather to ſatisfie nature, then our affections, and apter to kil hunger then revive new appetites, let it proceed more from the proviſion of her own yard, then the furniture of the Markets; and let it be rather eſteemed for the familiar acquaintance ſhe hath with it, then for the ſtrangeneſſe and rarity it bringeth from other Countries.

Her generall vertues. To conclude, our Engliſh Huſ-wife muſt be of chaſt thought, ſtout courage, patient, untyred, watchfull, diligent, witty, pleaſant, conſtant in friendſhip, full of good Neighbour-hood, wiſe in Diſcourſe, but not frequent therein, ſharpe and quick of ſpeech, but not bitter or talkative, ſecret in her affaires, comfortable in her counſels, and generally skilful in the worthy knowledges which do belong to her Vocation, of all, or moſt whereof I now in the enſuing diſcourſe, intend to ſpeak more largely.

To begin then with one of the moſt principal vertues

OF Her vertues in Phyſick. which doth belong to our Engliſh Houſ-wife; you ſhal underſtand, that ſith the preſervation and care of the family touching their health and ſoundneſſe of body conſiſteth moſt in the diligence: it is meet that ſhe have a phiſicall kind of knowledge, how to adminiſter many wholſome receipts or medicines for the good of their healths, as wel to prevent the firſt occaſion of ſickneſſe, as to take away the effects and evill of the ſame, when

it hath made ſeaſure on the body. Indeed we muſt confeſſe that the depth and ſecrets of this moſt excellent Art of Phiſicke, as farre beyond the capacity of the moſt skilfull woman, as lodging onely in the breſt of learned profeſſors, yet that our Houſe-wife may from them receive ſome ordinary rules & medicines which may availe for the benefit of her Family, as (in our common experience) no derogation at all to that worthy Art. Neither do I intend here to lead her minde with all the Symptomes, accidents, & effects which go before or after every ſickneſſe, as though I would have her to aſſume the name of a Practitioner, but only relate unto her ſome approved medicines, and old doctrines which have been gathered together, by two excellent and famous Phiſitians, and in a Manuſcript given to a great worthy Counſſe of this Land, (for farre be it from me, to attribute this goodneſſe unto mine own knowledge) and delivered by my common and ordinary experience, for the curing of thoſe ordinary ſickneſſes which daily perturb the health of men and women. Dr Burket. Dr Bomelius.

Of Fevers in generall.

Firſt then to ſpeak of Feavers or Agues, the Houſe-wife ſhall know thoſe kinds thereof; which are moſt familiar and ordinary, as the *Quotidian* or daily ague, the *Tertian* or every other day ague, the *Quartan* or every third dayes ague, the Peſtilent, which keepeth no other in his fits, but is more dangerous and mortal: and laſtly the accidental Fever, which proceedeth from the receit of ſome wound or other, painfull perturbation of the ſpirits. There be ſundry other Fevers which commung from Conſumptions, and other long continued ſickneſſes, do altogether ſurpaſſe our Huſwives capacity.

Of the quotidian.

Firſt then for the *quotidean*, (whoſe fits alwayes laſt above twelve hours) you ſhal take a new laid egg, and opening the crown you ſhall put over the white, then fill up the ſhell with good *Aquavitæ*, and ſtir it and the yolk very well together, and then as ſoone as you feel your cold fit begin to come upon you, ſup up the egg, and either labour til you ſwear, or elſe laying great ſtore of cloaths upon you, put your ſelf in a ſweat in your bed, & thus do while your fits continue and for your drink let it be onely poſſet ale.

Of this ſingle Tertian.

For a ſingle *Tertian* fever, or each other days ague, take a quart of poſſet ale, the curd being well drained from the ſame, and put therunto a good handfull of *Dandilion*, and then ſetting it upon the fire, boile it till a fourth part be conſumed, then as ſoon as your cold fit beginneth, drink a good draught thereof, and then either labour till you ſweat, or elſe force your ſelf to ſweat in your bed, but labour is much the better, provided that you take not cold after it, and thus do whilſt your fits continue, and in all your ſickneſſe let your drink be poſſet ale thus boyled with the ſame hearb.

Of the accidentall Fever.

For the accidentall Fever which commeth by means of ſome dangerous wound received, although for the moſt part it is an ill ſign, if it be ſtrong and continuing yet many times it abateth, and the party recovereth when the wound is well tended and comforted with ſuch ſoveraign balmes, and hot oyles as are moſt fit to be applied to the member ſo grieved or injured: therefore in this Fever you muſt reſpect the wound from whence the accident doth proceed, and as it recovereth ſo you ſhall ſee the fever waſt and diminiſh.

For the *Hettique* fever which is alſo a very dangerous ſickneſſe,

sickneſſe, you ſhall take the oyl of Violets, and mixe it with a good quantity of the powder of white *Poppy ſeed* finely fearſt, and therewith annoint the ſmall and reins of the parties back, evening and morning, and it will not onely give eaſe to the Fever, but alſo purge and cleanſe away the dry ſcalings which is ingendred either by this or any other fever whatſoever. Of the Fever Letnck.

For any fever whatſoever, whoſe fit beginneth with a cold, Take a ſpoonfull and a half of *Dragon* water, a ſpoonfull of Roſewater, a ſpoonful of running water, a ſpoonfull of *Aquavitæ*, and a ſpoonfull of Vinegar, half a ſpoonfull of *Methridate* or leſſe, and beate all theſe well together, and let the party drink it before his fit begin. For the quartan or for any fever.

It is to be underſtood, that all fevers of what kind ſoever they be, and theſe infectious diſeaſes, as the Peſtilence, Plague, and ſuch like, are thought the inflamation of the bloud, infinitly much ſubject to drought; ſo that, ſhould the party drink ſo much as he deſired, neither could his body contain it, nor could the great abundance of drink do other then weaken his ſtomack, and bring his body to a certain deſtruction. Of thirſt in fevers.

Wherfore, when any man is ſo overpreſſed with deſire of drink, you ſhall give him at convenient times either poſſet ale made with cold herbs, as ſorrell, purſlen, Violet leaves, Lettice, Spinnage, & ſuch like, or elſe a Julip made as hereafter in the peſtilent fever, or ſome Almond milk: and betwixt thoſe times, becauſe the uſe of theſe drinks will grow wearifom and lothſome to the patient, you ſhal ſuffer him to gargl in his mouth good wholſome beer or ale, which the patient beſt liketh, and having gargled it in his mouth, to ſpit it out again,

and then to take more, and thus to do as oft as he pleaseth, till his mouth be cooled: provided, that by no meanes he suffer any of the drink to goe downe, and this wil much better asswage the heat of his thirst then if he did drink; and when appetite desireth drink to go down, then let him take either his Julip or his almond milk.

For any ague sore. To make a pultis to cure any ague-sore, take elder leavs and seeth them in milk till they be soft, then take them up and strain them, and then boyle it againe till it be thick, and so use it to the sore as occasion shall serve.

The quartaine Fever. For the Quartain Fever, or third day ague, which is of all Fevers the longest lasting, and many times dangerous Consumptions, black Jaundies, and such like mortall sicknesses follow it: you shal take Methridate and spread it upon a Lymon slice, cut of a reasonable thicknesse, and so as the Lymon be covered with the Methridate; then bind it to the pulse of the sicke mans wrist of his arm about an hour before his fit doth begin, and then let him go to his bed made warm, and with hot cloaths laid upon him, let him try if hee can force himself to sweat, which if he doe, then halfe an hour after he hath sweat, he shall take hot posset-ale brewed with a little Methridate, and drinke a good draught thereof, and rest till his fit be passed over: but

To make one sweat. if he be hard to sweat, then with the said posset-ale also you shall mixe a few bruised Anny-seeds, and that will bring sweat upon him: and thus you shall do every fit till they begin to cease, or that sweat come naturally of its own accord, which is a true and manifest sign that the sicknesse decreaseth.

For

For the Peſtilent Fever which is a continuall ſickneſſe full of infection and mortality, you ſhall cauſe the party firſt to be let bloud if his ſtrength will beat it: then you ſhall give him coole Julips made of Endiſe or Succory water, the ſirrop of Violets, conſerve of Barberries, and the juyce of Lymons well mixed and ſimboliz'd together. The peſtilent Fever.

Alſo you ſhal give him to drink Almond milk made with the decoction of coole hearbs, as violet leaves, ſtrawberry leaves, french mallows, purſline, and ſuch like; and if the parties mouth ſhall through the heat of his ſtomack or liver inflame or grow ſore, you ſhall waſh it with the ſirrop of Mulberies; and that will not only heale it, but alſo ſtrengthen his ſtomack, (If as it is moſt common in this ſickneſſe) the party ſhal grow coſtive, you ſhal give him a ſuppoſitary made of honey, boyld to the height of hardneſs, which you ſhall know by cooling a drop thereof, and ſo if you find it hard, you ſhal then know that the honey is boyl'd ſufficiently: then put ſalt to it, and ſo put it in water, and work it into a roule in manner of a ſuppoſitary, and adminiſter it, and it moſt aſſuredly bringeth no hurt, but eaſe to the party, of what age or ſtrength ſoever he be: during his ſickneſs you ſhall keep him from all manner of ſtrong drinks, or hot ſpices, and then there is no doubt of his recovery.

To preſerve your body from the infection of the plague, you ſhal take a quart of old ale, & after it hath riſen upon the fire, and hath bin ſcummed, you ſhal put therinto of *Ariſtolochia longa* of *Angelica*, & of *Cellandine* of each half a handful, & boyl them well therin; then ſtrain the drink through a clean cloth, & diſſolve therein a dram of the beſt *Methridate*, as much *Ivory* finely A preſervative againſt the plague.

finely powdred and ſearſt, and ſix ſpoonful of *Dragon* water, then put it up in a cloſe glaſſe; and every morning faſting take five ſpoonful therof, & after bite and chaw in your mouth the dried root of *Angelica*, or ſmel on a noſe-gay made of the taſſeld end of a ſhip rope, and they wil ſurely preſerve you from infection.

For Infection of the plague.

But if you be infected with the plague, and feel the aſſured ſignes therof, as pain in the head, drought, burning, weaknes of ſtomack, and ſuch like: Then you ſhal take a dram of the beſt *Methridate*, and diſſolve it in three or four ſpoonfull of *Dragon* water, and immediatly drink it off, and then with hot cloaths or bricks made extream hot, and laid to the ſoles of your feet, after you have been wrapt in woollen cloaths, compel your ſelf to ſweat, which if you do, keep your ſelf moderately therein till the ſore begin to riſe; then to the ſame apply a live Pidgeon cut in two parts, or elſe a plaiſter made of the yolk of an Egg, Hony, hearb of grace chopt exceeding ſmall, and wheat flower, which in very ſhort ſpace will not only ripen, but alſo break the ſame without any other inciſion; then after it hath run a day or two, you ſhall apply a plaiſter of *Melilot* unto it untill it be whole.

For the Peſtilence.

Take *Fetherfew*, *Maleſelot*, *Scabious*, and *Mugwort*, of each a like, bruiſe them and mix them with old ale, and let the ſick drink thereof ſixe ſpoonfull, and it will expell the corruption.

Another.

Take *Yarrow*, *Tanſie*, *Fetherfew*, of each a handfull, and bruiſe them well together, then let the ſick party make water in the hearbs, then ſtrain them, and give it the ſick to drink.

A preſervation againſt the Peſtilence.

Take of *Sage*, *Rue*, *Brier leaves*, or *Elderleaves*, of each an handfull, ſtamp them and ſtrain them with a quan-

of

of white wine and put thereto a little Ginger, and a good ſpoonfull of the beſt *Treakle*, and drink thereof morning and evening.

How to draw plague both to any place you will.

Take *Smalledge*, *Mallowes*, *Wormwood*, and *Rue*, ſtamp them wel together, and fry them in *oyle Olive*, till they be thick, plaiſterwiſe apply it to the place where you would have it riſe, and let it lye untill it break, then to heal it up, take the juyce of *Smallage*, *Wheatflower*, & milk and boyl them to a pultis, and apply it morning and evening till it be whole.

A Cordiall for any infection at the heart.

Take of *Burrage*, *Langdebeef*, and *Calamint*, of each a good handfull, of *Harts tongue*, *Red mint*, *Violets*, and *Marigold*, of each half a handfull, boyl them in white wine or fair running water, then add a penny worth of the beſt *Saffron*, and as much *Sugar*, and boyl them over again well, then ſtrain it in to an earthen pot, and drink thereof morning and evening, to the quantity of ſeven ſpoonfulls.

Againſt too vi olent ſweating

Take *Linſeed* and *Lettice*, and bruiſe it wel, then apply it to the the ſtomack, and remove it once in four hours.

For the heade ach.

For the *Head-ach*, you ſhal take of *Roſe-water*, of the juyce of *Camomil*, of *womans milk*, of ſtrong wine vinegar of each too ſpoonfull, mixe them together well upon a chaffing diſh of coales: then take of a piece of a dry roſe cake and ſteep it therein, and as ſoon as it hath drunk up the liquor and is throughly hot, take a couple of ſound *Nutmegs*, grated to powder and ſtrow them upon the roſe-cake; then breaking it into two parts, bind it on each ſide, upon the temples of the head, ſo let the party lye down to reſt, and the paine will in a ſhort ſpace be taken from him.

For the Frenzy

For *Frenzie* or inflamation of the calles of the brain, you ſhal cauſe the juice of *Beets* to be with a Sorrindge ſquirted

squirted up into the patients nostrils, which wil purge and cleanse his head exceedingly; & then give him to drink posset ale, in which *Violet* leaves and *Lettice* hath been boyled, and it will sodainly bring him to a very temperate mildnesse, and make the passion of Frenzie forsake him.

For the Lethargy.

For the *Lethargie* or extream drowsines, you shal by all violent meanes either by noise or other disturbances, force perforce keep the party from sleeping; and whensoever he calleth for drink, you shal give him white wine and *Isop* water of each a little quantity mixt together, and not suffer him to sleep above four hours in four and twenty, til he come to his former wakefulnes, whith as soon as he have recovered, you shal then forthwith purge his head with the juyce of *Beets* squirted up into his nostrils as it is before shewed,

To provoke sleep.

But if any of the family be troubled with too much watchfulnesse, so that they cannot by any meanes take rest, then to provoke the party to sleep, you shall take of *Saffron* a Dram dryed, and beaten to powder, and as much *Lettice seed* also dryed, and beaten to powder, and twice as much white *Poppy seed* beaten also to powder, and mixe these with womans milk till it be thicke salve, and then bind it to the temples of the head, and it will soon cause the party to sleep; and let it lie on not above four houres.

For the swiming of the head.

For the swimming or dizzing in the head, you shall take of *Agnus castus*, of *Broome wort*, and of *Camomile* dryed, of each two drammes mixt with the juyce of *Ivie*, oyle of Roses, and white wine, of each like quantity, till it come to a thicke salue, and then binde it to the temples of the head, and it will in short space take away the griefe.

For

For the Apoplexie or palſie, the ſtrong ſent or ſmell of a Foxe is exceeding ſoveraigne, or to drinke every morning half a pint of the decoction of Lavendar, and to rub the head every morning and evening exceeding hard with a very clean courſe cloath, whereby the humours may be diſſolved and diſperſt into the outward parts of the body: by all meanes for this infirmity keep your feet ſafe from cold or wet, and alſo the nape of your neck, for from thoſe parts it firſt getteth the ſtrength of evill and unavoidable pains. For the palſie.

For a cough or cold but lately taken, you ſhal take a ſpoonful of Sugar finely beaten and ſerſt, & drop into it of the beſt Aquavitæ, untill all the Sugar be wet through, and can receive no more moyſture: then being ready to lye down to reſt, take and ſwallow the ſpoonfull of Sugar down, and ſo cover you warme in your bed, and it will ſoon break and diſſolve the cold. For a new cough.

But if the cough be more old & inveterate, & more inwardly fixt to the lungs, take of the powder of Betony, of the pouder of Carraway ſeeds, of the pouder of Shervit dried, of the pouder of *Hounds tongue*, and of *pepper* finely beaten, of each two drams, and mingling them wel with clarified *hony* make an electuary therof and drink it morning and evening for 9 days together; then take of *ſugar-candy* courſly beaten, an ounce of *Licoras* finely peared & trimed, and cut i to very little ſmall ſlices, as much of *Anniſeeds* and *Coriander ſeeds*, half an ounce; mix all theſe together and keep them in a paper in your pocket, and ever in the day time when the cough offendeth you, take as much of this dredg as you can hold between your thumb and fingers & eat it, and it will give eaſe to your grief: and in the night when the cough taketh you, take of the juice of *licoras* For an old cough.

as

as two good Barley cornes, and let it melt in your mouth and it will give you eaſe.

For the faling ſickneſs.

Although the falling-ſickneſs be ſeldome or never to be cured, yet if the party which is troubled with the ſame, wil but morning and evening, during the wane of the moone, or when the is in the ſign *Vergo*, eat the berries of the hearb *Aſterton*, or beare the hearbs about him next to his bare skin, it is likely he ſhal find much eaſe and fal very ſeldome, though this medecine be ſomewhat doubtfull.

For the falling evill.

For the falling evill take, if it be a man, a female *mole*, if a woman a male *mole*, and take them in *March*, or elſe *Aprill*, when they go to the Buck: Then dry it in an oven, & make powder of it whole as you take it out of the earth, then give the ſick perſon of the powder to drink evening and morning for 9 or 10 daies together.

an Oyle to help hearing.

To take away deafnes, take a gray Eele with a white belly, & put her into a ſweet earthen pot quick, & ſtop the pot very cloſe with an earthen cover, or ſome ſuch hard ſubſtance: then dig a deep hole in a horſe dung-hill, and ſet it therein, and cover it with the dung, and ſo let it remain a fortnight, and then take it out and clear out the oil which will come of it, and drop it into the imperfect eare, or both, if both be imperfect.

For the Rhum

To ſtay the flux of the Rhume, take Sage and dry it before the fire, and rub it to powder: then take bay-ſalt and dry it and beat it to powder, and take a Nutmeg and grate it, and mixe them all together, and put them in a long linnen bag, then heat it upon a tile ſtone and lay it to the nape of the neck.

For a ſtinking breath.

For a ſtinking breath, take Oak buds when they are new budded out, & diſtil them, then let the party grieved nine mornings, and nine evenings, drink of it, then

then forbear a while, and after take it again.

To make a vomit for a ſtrong ſtinking breath, you must take of *Antimonium* the weight of three Barley cornes, and beat it very ſmall, and mixe it with conſerve of Roſes, and give the Patient to eate in the morning, then let him take nine dayes together the juice of Mints and Sage, then give him a gentle purgation, and let him uſe the juice of Mint and Sage longer. This medicine muſt be given in the ſpring of the year, but if the infirmity come for want of diſgeſtion in the ſtomack then take *Mints*, *Marjoram*, and *Wormwood*, and chop them ſmall, and boyl them in *Malmſie* till it be thick, and make a plaiſter of it, and lay it to the ſtomack. A vomit for an ill breath.

For the *Tooth-ache*, take a handful of *Daſie-roots*, and waſh them very clean, and dry them with a cloth, and then ſtamp them: and when you have ſtamped them a good while, take the quantity of half a nutſhel full of Bay-ſalt, and ſtrew it amongſt the roots, and then when they are very well beaten, ſtrain them through a clean cloth: then grate ſome *Cattham Aromaticus*, and mixe it good and ſtiff with the juice of the roots, and when you have done ſo, put it into a quill, and ſnuff it up into your noſe, and you ſhall find eaſe. For the Tooth ach.

Another for the *Tooth-ach*, take ſmall *Sage*, *Rue*, *ſmallage*, *Fetherfew*, *Worm-wood*, and *Mints*, of each of them half a handfull, then ſtamp them wel all together, putting thereto four drams of *Vinegar*, and one dram of *Bay ſalt*, with a penny worth of good *Aqua vitæ*, ſtir them well together, then put it between two linnen clouts of the bigneſſe of your cheek, temples, and jaw, and quilt it in a manner of a courſe imbrodery: then ſet it upon a chafing-diſh of coales, and as hot as you may abide it, lay it over the ſide where the pain is, and lay Another.

you

you down upon that ſide, and as it cooles warme it a-gain, or elſe have another ready warm to lay on.

A drink for a pearl in the eye.

To make a drink to deſtroy any pearle or film in the eye: take a good handfull of Marigold plants, and a handfull of Fennell, as much of May-weed, beat them together, then ſtrain them with a pint of beer, then put it into a pot, and ſtop it cloſe that the ſtrength may not go out; then let the offended party drink thereof when he is in bed, and lie of that ſide on which the pearl is, and likewiſe drinke of it in the morning next his heart when he is riſen.

For paine in the eyes.

For pain in the eyes, take Milk when it comes new from the Cow, and having ſiled it into a clean veſſell, cover it with a pewter diſh, and the next morning take off the diſh, and you ſhall ſee a dew upon the ſame, and with that dew waſh the pained eyes, & it wil eaſe them.

For dim eyes

For dim eyes, take Wormwood beaten with the gall of a Bull, and then ſtrain it, and annoint the eyes therewith, and it will cleer them exceedingly.

For ſore eyes

For ſore eyes, or bloud-ſhotten eyes: take the white of an egge beaten to oyle, as much Roſe-water, and as much of the juyce of Houſ-leek, mixe them well together, then dip flat pleageants therein, and lay them upon the ſore eyes, and as they dry, ſo renew them again and wet them, and thus do till the eyes be well.

For watery eyes

For watery eyes, take the juice of *Aſſodill*, *Mirrhe*, and *Saffron*, of each a little, & mix it with twice ſo much white *wine*, then boyle it over the fire then ſtrain it & waſh the eyes therewith, and it is a preſent help.

For a canker.

For a canker, or any ſore mouth: take *Chervile* and beat it to a ſalve with old *Ale* and *Allum* water, and annoint the ſore therewith, and it will cure it.

A ſwelled mouth.

For any ſwelling in the mouth: take the juyce of *worm-*

*wood*

*wood*, *Cammomill*, and *Shirwitt*, and mixe them with honey, and bath the ſwelling therewith, and it will cure it.

For the *Quinſie*, or *quinancie*, give the party to drink the hearb *Mouſeare* ſteept in Ale or Beere, and look where you ſee a Swine rub himſelf, and there upon the ſame place rub a ſleight ſtone, and then with it ſleighe all the ſwelling, and it will cure it. For the quinſie.

If you would not be drunk, take the powder of *Betony* and *Coleworts* mixt together; and eat it every morning faſting, as much as will lie upon a ſixpence, and it will preſerve a man from drunkenneſſe. Againſt drunkenneſs.

To quicken a mans wits, ſpirit and memory; let him take *Langdebeef*, which is gathered in *Iune* or *Iuly*, and beating it in a clean morter; Let him drink the juyce thereof with warm water, and hee ſhall finde the benefit. To quicken the wit.

If a man be troubled with the *Kings Evill*, let him take the red *Dock*, and ſethe it in wine till it be very tender, then ſtrain it, and ſo drink a good draught thereof, and he ſhall finde great eaſe from the ſame: eſpecially if he do continue the uſe thereof. For the Kings Evill.

Take *Frankinſence*, *Doves dung*, and *Wheat-flower*, of each an ounce, and mixe them well with the white of an egg, then plaiſterwiſe apply it where the pain is. Additions to the particular ſickneſſes; and firſt of the head and the parts thereof, and the lungs. Another.

The oyl of *Lillies* if the head bee annointed therewith, is good for any pain therein.

Take *Rew*, and ſteep it in Vinegar a day and a night, the *Rew* being well bruiſed, then with the ſame annoint the head twice or thrice a day.

Take the white of an egg and beat it to oyl, then put to it *Roſewater*, and the powder of *Alablaſter*, then take flaxe and dip it therein, and lay it to the temples, and renew it two or three times a day. For the headach, and to ſtay bleeding at the Noſe.

To draw out nes broken the head.

Take *Agrimony* and bruiſe it, & plaiſter wiſe apply it to the wound, and let the praty drink the juyce of *Betony*, and it will expell the bones, and heal the wound.

For the falling of the mold of the head.

Take the leaves of *Agrymony*, and boil them in hony, till it be thick like a plaiſter, and then apply it to the wound of the head warm.

The Squinancy.

Take a table-napkin, or any linnen cloath and wet it in cold water, and when you go to bed apply it to the ſwelling and lie upright; thus do three or four times in a night till the ſwelling waſte.

Tho toothake

Take two or three *Dock* roots, and as many *Daiſie* rootes, and boil them in water till they be ſoft, then take them out of the water, and boyl them well over again in *oyle Olive*, then ſtrain them thorow a cleane cloth, and annoint the pained tooth therewith, and keep your mouth cloſe, and it will not onely take away thee pain, but alſo eaſe any megrem or griefe in the head.

To make teeth white.

Take a ſawcer of ſtrong vinegar, & two ſpoonfuls of the powder of *Roch-allom*, a ſpoonful of white ſalt, and a ſpoonfull of hony, ſeeth all theſe till it be as thinne as water, then put it into a cloſe vial and keep it, and when occaſion ſerves waſh your teeth therewith, with a rough cloath and rub them ſoundly, but not to bleed.

To draw teeth without yron.

Take ſome of the green of the elder tree, or the apples of Oke trees, and with either of theſe rub the teeth and gums, and it will looſen them ſo, as yon may take them out.

Teeth that are yellow.

Take Sage and ſalt, of each alike, and ſtamp them well together, then bake it till it be hard, and make a fine powder thereof, then therewith rub the teeth evening and mornings and it will take away all yellowneſſe.

First

First let them bloud, then take *Harthorn* or *Ivory*, and red *pimpernel*, and bruſe them well together; then put it into a linnen cloth, and lay it to the teeth, and it will faſten them. For teeth that are looſe.

Take the juyce of *Lovage*, and drop it into the eare, and it will cure any venome, and kill any worme, eare-wig, or other vermine. For any venome in the eare.

Take two ounces of *Comine*, and beat it in a morter to fine pouder; then boyle it in wine from a pottell to a quart, then drink thereof morning and evening as hot as you can ſuffer, or otherwiſe take an ounce of wild *tyme*, and being clean waſhed, cut it ſmall, and then pouder it; then put to it half an ounce of *pepper* in fine powder, and as much *Comine*, mix them all well together, and boyl them in a pottel of white Wine, till half be conſumed, and after meat (but not before) uſe to drink thereof hot, alſo once in the afternoon, and at your going to bed, and it will purge the breath. For a ſtinking breath which cometh from the ſtomack.

Take red Nettles, and burn them to powder; then adde as much of the powder of *pepper*, and mixe them well together, and ſnuffe thereof up into the noſe, and thus do divers times a day. For ſtinking noſtrils.

Take old Ale, and having boyl'd it on the fire, and cleanſed it, ad thereto a pretty quantity of life-honey, and as much Allom, and then with a ſerrindge or ſuch like, waſh the ſore therewith very warm. For a canker in the noſe.

Take a gallon of running water, and boyl it to a pottell; then put to a handfull of red Sage, a handfull of Gellandines, a handfull of Hony ſuckles, a handfull of Woodbine leaves & flowers; then take a peniworth of grains made into fine powder, and boyl all very wel together; then put to it a quart of the beſt life-hony of a yeere old, and a pound of Roch Allom, let all boyle A red water for any canker.

together till it come to a pottel, then ſtrain it and put it into a cloſe veſſell, and therewith dreſſe and annoint the ſores as occaſion ſerves, it will eaſe any canker or Ulcer, and cleanſe any wound; It is beſt to be made at *Midſommer*.

To cleare the eyes. Take the flowers and rootes of *Pimeſe* clean waſht in running water, then boyle them in fair running water the ſpace of an houre, then put thereto a pretty quantity of white *Copperas*, and then ſtrain all through a linnen cloth, and ſo let it ſtand a while, and there will an Oyle appear upon the water, with that Oyle annoint the lids and the browes of your eyes, and the temples of your head, and with the water waſh your eyes, and it is moſt ſoveraign.

Another for the ſight. Take fifteen ſeeds of *Gyneper*, and as many *Grommell* ſeedes, five branches of *Fenell*, beat them all together, then boyl them in a pint of old Ale till three parts bee waſted; then ſtrain it into a glaſſe, and drop thereof three drops into each eye at night, and waſh your eyes every morning for the ſpace of fifteen days with your own water, and it will clear any decayed ſight whatſoever.

For ſore eyes. Take red *Snayles*, and ſeeth them in faire water, and then gather the oyle that ariſeth thereof, and therewith annoint your eyes morning and evening.

For ſick eyes. Take a gallon or two of the dregges of ſtrong Ale, and put thereto a handfull or two of *Comine*, and as much ſalt, and then diſtill it in a *Limbeck*, and the water is moſt precious to waſh eyes with.

For bleered eyes. Take *Cellandine*, *Rue*, *Chervile*, *Plantain*, and *Anyſe*, of each alike, and as much *Fenell*, as of all the reſt, ſtampe them all well together, then let it ſtand two dayes and two nights; then ſtraine it very well and annoint your

your eyes morning and evening therewith.

Take an egge, and roſt it extream hard, then take the white being very hot, and lap in it as much white Copperas as a peaſe, & then violently ſtrain it through a fine cloath, then put a good drop thereof into the eye, and it is moſt ſoveraigne. *For the pin and web in the eye.*

Take two drams of prepared Tuſſia, of Sandragon one dram, of Sugar a dram, bray them all well together til they be exceeding ſmal, then take of the pouder & blow a little thereof into the eye, and it i, ſoveraign. *A pouder for the pin and web in the eye.*

Take of Red roſe leaves, of Smallage, of Maiden hair, Euſace, Endive, Succory, red Fennel, Hil-wort, and Celandine, of each half a quarter of a pound, waſh them clean, and lay them in ſteep in white wine a whole day, then diſtill them in an ordinary Stil, and the firſt water wil be like gold, the ſecond like ſilver, and the third like balme, any of theſe is moſt precious for ſore eyes, & hath recovered ſight loſt for the ſpace of ten years, having been uſed but four dayes, *A precious water for the eyes.*

Take the leaves of willow, and boil them wel in oyle, and therewith anoint the place where you would have any hair to grow, whether upon head or beard. *To make hair to grow.*

Take Treacle water and hony, boil them together, and wet a cloath therein, and lay where you would have hair to grow, and it will come ſpeedily. *Another.*

Take nine or ten egges, and roſt them very hard, then put away the yolks, & bray the whites very ſmall with three or four ounces of white Copperas till it be come to perfect oyntment, then with it anoint the face morning and evening, for the ſpace of a weeke and more. *For a pimpled or red ſaucy face.*

Take the rynde of Hyſop, and boil or burn it, and let the ſume or ſmoake goe into the mouth, and it will ſtay any rhume falling from the head. *For the rhume.*

For hoarſeneſs in the throat

Take a pint of running water, and three ſpoonfuls of hony and boyle them together: and skim off the filth, then put thereto one ounce of ſmall *Bayſons*, and ſtrain it well through a cloath and ſo drink it morning and evening.

For a dangerous cough.

Take *Aquavitæ* and ſalt and mixe it with ſtrong old ale and then beat it on the fire, and therewith waſh the ſoules of the feet when you go to bed.

For the dry cough

Take of clean wheat and of clean Barly of each alike quantity, and put them into a gallon and a half of fair water, and boyle them till they burſt, then ſtraine it into a clean veſſell, and adde thereto a quarterne of fine *Lycoras* pouder, and two penny worth of *gumme-Arabick*, then boile it over again and ſtrain it, and keep it in a ſweet veſſell, and drink thereof morning and evening.

For the tiſick.

Take the beſt wort and let it ſtand till it be yellow, then boyl it, and after let it coole, then put to it a little quantity of *barm* and *Saffron*, and ſo drink of it every morning and evening while it laſteth, otherwiſe take *hore hound*, *violet leaves*, and *Iſop*, of each a good handfull, ſeeth them in water, and put thereto a little *Sugar Licorace*, and *Sugarcandy*, after they have boyled a good while, then ſtrain it into an earthen veſſell, and let the ſick drink thereof ſixe ſpoonfull at a time morning and evening; or laſtly, take the lunges of a Fox, and lay it in roſe water, or boyl it in roſe water; then take it out and dry it in ſome hot place without the ſun, then beat it to pouder with *Sugar candy*, and eat of this powder morning and evening.

For griefes in the ſtomack.

To eaſe pain in the ſtomack, take *Endine*, *Mints*, of each alike quantity, and ſteep them in white wine a dayes ſpace; then ſtraining and adding thereunto a little

little *Cinamon* and *pepper*, give it to the ſick perſon to drink, and if you adde thereto a little of the pouder of *Horſe-mint* and *calamint*, it will comfort the ſtomack exceedingly, and occaſion ſwift and good digeſtion.

For ſpitting of bloud.

For ſpitting of bloud, whether it proceed of inward bruiſes, over ſtraining, or ſuch like; you ſhall take ſome *pitch*, and a little *Sperma Cæti*, and mix it with old Ale and drink it, and it will ſtay the fluxe of bloud: but if by means of the bruiſe any outward grief remaine; then you ſhall take the herb *Brockellhemp*, and frying it with ſheepes tallow, lay it hot to the grieved place, and it will take away the anguiſh.

For vomiting.

To ſtay the fluxe of vomiting take *Worme-wood*, and ſowr bread toſted of each a like quantity, & beat them well in a morter; then ad to them as much of the juice of *Mints*, and the juyce of *plantain*, as well bring it to a thick ſalve: then fry them altogether in a frying pan, & when it is hot lay it plaiſterwiſe to the mouth of the ſtomack; then let the party drink a little white Wine and *chervile* water mixt together, and then ſteep ſowr toaſted bread in very ſtrong vinegar, wrap it in a fine cloth, and let the ſicke party ſmell thereto, and it will ſtay the exceſſe of vomiting, and both comfort and ſtrengthen the ſtomack.

To force one to vomit.

If you would compel one to vomit, take half a *ſpoon full* of *ſtone-crop*, and mixe it with three *ſpoonfull* of white wine, and give it to the party to drink, and it will make him vomit preſently; but do this ſeldom, and to ſtrong bodies, for otherwiſe it is dangerous.

For the *Iliaca paſſio*.

For the *Iliaca paſſio*, take of *Polipody* an ounce, and ſtamp it; then boyl it with *prunes* and *violets* in *fennell* water, or *Anniſeeds* water; take thereof a good quantity; then ſtraine it, and let the party every morning

and evening drink a good draught thereof.

Additions, to the diseases of the stomack.

If the stomack be troubled with wind or other pain, take *Commine* and beat it to pouder, and mixe with it red Wine, and drink it at night when you go to bed, divers nights together.

For the Illica passio.

Take *Brokelime* roots and leaves, and wash them clean and dry them in the Sun, so dry that you may make pouder thereof; then take of the pouder a good quantity, and the like of *Treakle*, and put them in a cup with a pretty quantity of strong old Ale, and stir them well together, and drink thereof first and last, morning and evening, for the space of three or four dayes; and if need do require, use the same in the brothes you doe eate, for it is very soveraign.

For pain in the breast.

Take *Harts horn* or *Ivory* beaten to fine pouder, and as much *Cynamon* in pouder, mixe them with Vinegar, and drinke thereof to the quantity of seven or eight spoonfuls.

The Mother.

Take the water of *Mouseare*, and drink thereof the quantity of an ounce and a half or two ounces, twice or thrice a day, or otherwise take a little *Nutmeg*, a little *Cinamond*, a little *Cloves*, a little *Mace*, and a very little *Ginger*, and the flowers of *Lavender*, beat all unto a fine powder, and when the passion of the mother commeth, take a chaffingdish of good hot coales, and bend the Patient forward, and cast of the pouder into the Chaffingdish, so as she may receive the smoak both in at her nose and mouth, and it is a present cure.

Obstructions of the Liver.

Against obstructions in the Liver, take *Aniseeds*, *Ameos*, *Burnet*, *Camomile*, and the greater *Centuary*, and boyl them in white wine with a little honey, and drinke it every morning, and it will cure the obstructions, and cleanse the Liver from all imperfection.

Against

Againſt the heat and inflammation of the Liver, take *Endive* dryed to pouder, and the meale of *Lupin ſeeds*, and mixe it with *honey*, and the juyce of *Worme-wood*, make a cake thereof and eat it, and it will aſſwage the great heat and inflammation of the Liver, and take away the pimples and redneſſe of the face which proceedeth from the ſame. *Againſt the heat of the Liver.*

To prevent a *Pluriſie* a good while before it come, there is no better way then to uſe much the exerciſe of ringing, or to ſtretch your arms upward, ſo as they may bear the weight of your body, and ſo to ſwing your body up and down a good ſpace: but having caught a *Pluriſie*, and feeling the gripes, ſtitches, and pangs thereof, you ſhall preſently cauſe the party to be let bloud, and then take the herb *Althea* or *Hollylock*, and boyle it with *Vinegar* and *Linſeed* till it be thick plaiſter-wiſe, and then ſpread it upon a piece of Allom Leather, and lay it to the ſide that is grieved, and it will help it. *For the Pluriſie.*

To help a ſtitch in the ſide or elſewhere, take Doves dung, red Roſe leaves, and put them into a bag, and quilt it: then throughly heat it upon a Chaffingdiſh of coals with vinegar in a platter: then lay it upon the pained place as hot as may be ſuffered, and when it cooleth heat it again. *A playſter for a ſtitch.*

For any extraordinary heat or inflammation in the Liver, take *Barbaries* and boyl them in clarified whay, and drink them, and they will cure it. *Heat in the Liver.*

If you will make a *Cordial* for a *Conſumption*, or any other weakneſs: take a quart of runing water, a piece of *Mutton*, and a piece of *Veal*, and put them with the water into a pot; then take of *Sorrel*, *violet leaves*, *Spinage*, *Endive*, *Succory*, *Sage*, *Hiſſop*, of each a good quantity; then take *Prunes* and *Raſins*, and put them all to *For the Conſumption.*

the

the broth, and ſeeth them from a quart to a pint; then ſtrain the yolk of an egg, and a little Saffron thereinto, putting in Suger, whole Mace, and a little white wine, to ſeeth them a while together, and let the party drink it as warm as may be.

To ſtanch bloud.

To ſtaunch bloud, take the hearb *ſhepheards-purſe*, (if it may be gotten) diſtilled at the Apothecaries, and drink an ounce thereof at a time morning and evening, and it wil ſtay any flux of bloud natural or unnatural, but if you cannot get the *diſtilled* water, then boyle a handfull of the herb with Cynamon, and a little ſugar, in Claret wine, and boyl it from a quart to a pint, and drinke it as oft as you pleaſe: alſo if you but rub the herb between your hands, you ſhall ſee it will ſoone make the bloud return.

For the yellow Iaundiſe.

For the *Yellow Iaundiſe*, take two peny-worth of the beſt Engliſh *Saffron*, dry it, and grind it to an exceeding fine pouder; then mixe it with the *pap* or a roſted *apple*, and give it the diſeaſed party to ſwallow down in the manner of a *pill*, and doe thus divers mornings together, and without doubt, it is the moſt preſent cure that can be for the ſame, as hath been oftentimes proved.

For the *Yellow Iaundiſe* take *pimpernell* and *Chickeweed*, ſtamp them and ſtrain them into poſſet-ale, and let the party drink thereof morning and evening.

For the *Yellow Iaundiſe* which is deſperate & almoſt paſt cure: take ſheeps dung new made, and put it into a cup of Beer or Ale, and cloſe the cup faſt, and let it ſtand ſo all night, and in the morning take a draught of the cleareſt of the drink, and give it unto the ſicke party.

For the *black Iaundiſe* take the herb called Peny-

ryall, and either boil it in white Wine, or drinke the juyce thereof ſimply by it ſelf to the quantity of three or four ſpoonfull at a time, and it will cure the blacke Jaundiſſe. For the black Iaundiſe.

Take of Hyſop, Párſley, and Harts-tongue, of each a like quantity, and ſeeth them in wort till they be ſoft, then let it ſtand till it be cold, and then drinke thereof firſt and laſt, morning and evening. Additions', to the diſeaſes of the liver. For waſting of the liver.

Take Fennel roots, & Parſley roots, of each a like, waſh them clean, and pill off the upper barke, and caſt away the pitch within; then mince them ſmal,; then put them to three pints of water, and ſet them over the fire; then take figs and ſhred them ſmal, take Lycoras & break it ſmal, and put them to the herbs, and let all boyl very wel; then take Sorrel & ſtamp it, and put it to the reſt, and let it boil till ſome part be waſted; then take a good quantity of hony, and put to it, and boyl a while, then take it from the fire, and clarifie it through a ſtrainer into a glaſs veſſel, and ſtop it very cloſe; then give the ſick to drink thereof morning and evening. A reſtorative for the liver.

Take the ſtalk of Saint *Mary Garcick*, and burn it, or lay it upon a hot tyle ſtone untill it be very dry, and then beat it into pouder, and rub the ſore therewith til it be whole. To heal a Ringworm, coming of the heat of the liver.

Take wool into the Walkmill that commeth from the cloth and flyeth about like Doun, and beat it into pouder; then take thereof and mix it with the white of an egge and wheat flower, and ſtamp them together: then lay it on a linnen Cloth or Lint, and apply it to the bleeding place, and it will ſtanch it. To ſtaunch bloud.

If a man bleed and have no preſent helpe, if the wound be on the foot, bind him about the ankle, if in the legs, bind him about the knee; if it be on the hand, bind For great danger in bleeding.

binde him about the wrist; if it be on the arm binde him about the brawn of the arm, with a good list, and the blood will presently staunch.

For a Stitch. Take good store of *Cynamon* grated, and put it into posset Ale very hot and drink it, and it is a present cure.

A Bath for the Leprosie. Take a gallon of running water; and put to it as much salt as will make the water salt as the Sea water, then boyl it a good while, an bathe the legs therein as hot as may be suffered.

For the Dropsie. For the Dropsie, take *Agnus castus*, Fennel, *Affodill*, *dark Wal-wort*, *Lupins* and *Wormwood*, of each a handful, and boyl them in a gallon of white Wine, untill a fourth part be consumed: then strain it, and drink it morning and evening half a pinte thereof, and it will cure the Dropsie; but you must be carefull that you take not *Dasfodil* for *Affodil*.

Paine in the Spleene. For pain in the Spleen, take *Agnus castus*, *Agrimony*, *Aniseeds*, *Centuary* the great, and *Wormwood*, of each a handful, and boil them in a gallon of white wine, then strain it, and let the patient drink divers mornings together half a pint thereof; and at his usuall meals let him neither drink Ale, Beer, nor Wine, but such as hath had the hearb *Tamarisk* steeped in the same, or for want of the hearb, let him drink out of a cup made of *Tamarisk* wood, and he shall surely finde remedy.

Pain in the Liver. For any pain in the side, take *Mugwort* and red *Sage*, and dry them between two tile stones; and then put it in a bag, and lay it to your side as hot as can be indur'd.

For fatnesse and short breath. To help him that is exceeding fat, pursie, and short breathed: take hony clarified, and bread unleavened and make toasts of it, and dip the toasts in the clarified hony, and eat this divers mornings with your meat.

Take a lump of iron or steel, and heat it red hot, and

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quench it in Wine, and then give the wine to the ſicke party to drink.

Additions, To the diſeaſes of the ſpleen.

Take *Fennell ſeeds* and the roots, boyl them in water, and after it is cleanſed, put to it honey, and give it the party to drink; then ſeeth the herbe in Oyle and Wine together, and plaiſter-wiſe apply it to the ſide. For ſtopping of the ſpleen.

Make a playſter of *Worm-wood* boyled in Oyle, or make an oyntment of the juyce of *Wormwood*, of *Vinegar*, *Armoniack*, *Waxe*, and *Oyle*, mixe and melted together, and annoint the ſide therewith, either in the Sun, or before the fire. For hardneſs of the ſpleen.

Take the powder of *Galingal*, and mixe it with the juyce of *Burrage*, and let the offended party drinke it with ſweet wine. Diſeaſes of the heart.

Take *Roſemary* and *Sage*, of each an handfull, and ſeeth them in white Wine, or ſtrong Ale, and then let the patient drink it lukewarm. For paſſion of the heart. For Heart ſickneſs.

Take the juyce of Fenel mixt with honey, and ſeeth them together till it be hard, and then eat it evening and morning, and it will conſume the fatneſſe. For fatneſs about the heart.

For the *wind collick*, which is a diſeaſe both generall and cruel, there be a world of remedies, yet none more approved than this which I will repeat: you ſhall take a *Nutmeg* ſound and large, and divide it equally into four quarters: the firſt morning aſſoon as you ſhal riſe eat a quarter therof; the 2d. morninq eat two quarters, and the third eate three quarters, and the fourth morning eate a whole *Nutmeg*. and ſo having made your ſtomack and taſte familiar therewith, eate every morning whileſt the *Collick* offendeth you a whole *Nutmeg* dry without any compoſition, and faſt ever an hour at leaſt after it, and you ſhall find a moſt unſpeakable profit which will ariſe from the ſame. For the wind Colick.

For

The wind collick. For the wind Collick, take a good handfull of clean wheat meal as it commeth from the Mil, and two egs and a little wine-vinegar, and a little *Aquavitæ*, and mingle them together cold, and make a cake of it, and bake it on a gridyron with a soft fire, and turn it often and tend it with blasting of Aquavitæ with a feather, then lay it somewhat higher then the pain is, rather then lower.

For the Lask. For the *Lask* or extreme scouring of the belly, take the seedes of the *Wood-rose*, or *Bryer-rose*, beate it to powder, and mixe a dram thereof with an ounce of the conserve of *Sloes*, and eate it, and it will in a short space bind and make the belly hard.

For the bloudy flux. For the Bloudy-fluxe, take a quart of red wine, and boyl therein a handful of *Shepheards purse*, till the herb be very soft: then strain it, and adde thereto a quartet of an ounce of Cynamon, and as much of dryed Tanners bark taken from the ouze, and both beaten to fine powder; then give the party half a pint therof to drink morning and evening, it being made very warm, and it will cure him.

To stay a lask. To stay a sore *Lask*, take *Plantain-water* and *Cynnamon* finely beaten, and the flowers of *Pomgranates*, and boyle them well together; then take Sugar, and the yolk of an egge, and make a caudell of it, and give the grieved party it.

For the flux. For the Flux, take Stags pizzell dried and grated, and give it in any drink, either in Beer, Ale, or Wine, and it is most soveraign for any Flux whatsoever: So is the jaw bones of a Pike, the teeth and all dryed and beaten to powder, and so given the party diseased in any drink whatsoever.

To cure the worst bloudy Fluxe that may be, take a quan-

quart of red wine, and a ſpoonful of *Commin ſeed*, boil them together untill half be conſumed, then take *Knotgraſſe* & *Shepheards purſe*, and *Plantain*, and ſtamp them ſeverall, and then ſtrain them, and take of the juyce of each of them a good ſpoonfull, and put them to the wine, and ſo ſeethe them again a little: then drink it luke-warm, half overnight, and half the next morning: and if it fal out to be in Winter, ſo that you cannot get the hearbs, then take the water of them hearbs diſtilled, of each three ſpoonfuls, and uſe it as before. For the worſt Fluxe.

For extream coſtiveneſſe, or binding in the body, ſo as a man cannot avoid his excrements, take Anniſeeds, Fennicreet, Linſeeds, and the pouder of Poynie: of each halfe an ounce, and boil them in a quart of white wine, and drinke a good draught thereof, and it will make a man goe to the ſtoole orderly and at great eaſe. For coſtiveneſs.

For wormes in the belly, either of child or man, take Aloes Cikatrine, as much as half a hazel Nut, and wrap it in the pap of a roaſted Apple, and ſo let the offended party ſwallow it in the manner of a pill faſting in the morning, or els mixe it with three or four ſpoonfuls of Muſcadine, and ſo let the party drinke it, and it is a preſent cure: But if the child be either ſo young, or the man ſo weak with ſickneſſe, that you dare not adminiſter any thing inwardly, then you ſhal diſſolve your Aloes in the oyle of Savine, making it ſalve-like thick, then plaiſter-wiſe ſpread it upon Sheeps leather, and lay it upon the navil & mouth of the Stomack of the grieved party, & it wil give him eaſe; ſo wil alſo unſet leeks chopt ſmall and fryed with ſweete butter, and then in a linnen bag appy it hot to the navill of the grieved party. For Wormes.

Take a quart of red wine, and put to it three yolks of egges, and a penniworth of long-Pepper and grains, and boyle

Additions. To the diſeaſes of the belly and guts.

boyl it well, and drink it as hot as can be ſuffered, or otherwiſe, take an ounce of the inward bark of an oak, and a peny-worth of long *Pepper*, and boyl them in a pinte and better of new Milk, and drink it hot firſt and laſt, morning and evening.

For the greateſt Lax.

Take an egg, and make a little hole in the top, and put out the white, then fill it up again with *Aquavitæ*, ſtirring the egg and *Aquavitæ* till it be hard, then let the party eat the egg and it wil cure him: or otherwiſe take a pinte of red wine, and nine yolks of eggs, and twenty pepper corns ſmall beaten, let them ſethe until they be thick, then take it off, and give the diſeaſed party to eat nine ſpoonfuls morning and evening.

For the bloudy flux.

For an eaſie laſk.

Take of *Rue* and *Beets* a like quantity, bruiſe them, and take the juyce, mixe it with clarified hony, and boyl it in red wine, and drink it warm firſt and laſt morning and evening.

To have two ſtools a day and no more.

Take *Mercury*, *Sinkfoile*, and *Mallowes*, and when you make pottage or broth with other herbs, let theſe herbs before named, have moſt ſtrength in the pottage, and eating thereon it will give you two ſtoole and no more.

For hardneſſe of the belly or womb.

Take two ſpoonfuls of the juyce of Ivie leaves, and drink it three times a day, and it will diſſolve the hardneſſe.

Againſt coſtiveneſs.

Take the bark of the roots of the Elder tree, and ſtamp it, and mixe it with old ale, and drink thereof a good hearty draught.

For the wind[illegible] ſickneſs.

Take the crummes of white bread, and ſteep it in Milk with *Allum*, and adde Sugar unto it and eate it, and it will open the belly.

[illegible] the ſtopping of the womb.

Take the Kernels of three Peach ſtones, and bruiſe them, ſeven cornes of caſe pepper, and of fliced gin-

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ger a greater quantity than of the *pepper*, pound all together groſſy, and put it into a ſpoonfull of ſack (which is beſt) or elſe white Wine, or ſtrong Ale, and drinke it off in a great ſpoon, then faſt two hours after, and walk up and down if you can; if otherwiſe, keepe your ſelf warm, and beware.

Take of *Daiſies, cumfrey, Polypody,* of the Oak and Ayens of each half a handfull, two roots of *Oſmund*, boil them in ſtrong Ale and hony, and drink thereof morning, noone, and night, and it will heal any reaſonable rupture. Or otherwiſe take of *Smallage, Comfrey, ſet-wal, Pollipody*, that grows on the ground like *fearn, daiſies*, and *mores*, of each alike, ſtamp them very ſmal, & boile them well in *Barm*, until it be thick like a poultis, and ſo keep it in a cloſe veſſell, and when you have occaſion to uſe it, make it as hot as the party can ſuffer it & lay it to the place grieved, then with a truſſe, truſſe him up cloſe, & let him be careful for ſtraining of himſelf, & in a few daies it will knit, during which cure, give him to drink a draught of red wine, & put therein a good quantity of the flower of fetches, finely boulted ſtirring it wel together, and then faſt an hour after. For the rupture.

For the violent paine of the ſtone, make a poſſet of milk and ſack, then take off the curd, and put a handfull of *Camymill* flowers into the drink, then put it into a pewter pot and let it ſtand upon hot embers, ſo that it may diſſolve: and then drink it as occaſion ſhall ſerve. Otherwiſe for this grief take the ſtone of an Ox gall, and dry it an oven, then beat it to pouder, and take of it the quantity of a haſill-nut with a draught of good Ale or white wine. For the ſtone. Another.

For the Collick and ſtone, take hawthorn berries,

The collick and stone.

the berries of sweet briars, & ashen keys, and dry them every one severally untill you make them into pouder, then put a little quantity of every one of them together, then if you think good, put to it the pouder of *Licoras* and *Annifeeds*, to the intent the party may the better take it, then put in a quantity of this pouder in a draught of white wine, and drink it fasting. Otherwise you may take *Smallage-seed*, *Parsley*, *Lovage*, *Saxifrage*, & *broom-seed*, of each one of them a little quantity, beat them into a pouder, and when you feele a fit of either of the diseases, eat of this powder a spoonful at a time either in pottage, or else in the broth of a chicken, and so fast two or three houres after.

Another.

A pouder for the collick and stone.

To make a pouder for the collick and stone, take *fenell*, *parsley-seed*, *aniseed*, and *carraway seed* of each the waight of six pence. of *grunel seed*, *saxifrage seed*, the roots of *Filaspendula*, and *licoras*, of each the waight of twelve pence, of *galingall*, *spikenard*, and *Cinamon*, of each the waight of eight pence, of *Seena* the waight of 17. shillings good waight, beat them all to pouder and searce it, which wil waigh in al 25 shillings & 6 pence This pouder is to be given in white wine and sugar in the morning fasting, and so to continue fasting two houres after; and to take of it at one time the waight of tenne pence or twelve pence.

Another.

Other Physitians for the stone take a quart of rhenish or white wine, and two lemons, and pare the upper rind thin, and slice them into the wine, and as much white soap as the waight of a groat, and boyl them to a pint, and put thereto sugar according to your discretion, & so drink it, keeping your self warm in your bed, and lying upon your back.

For the stone in the reynes, take *Ameos*, *Camomill*, *Maiden*

*Maidenhair*, *Sparrowtongue*, and *Philipendula*, each alike quantity, dry it in an oven, and then beat it to pouder, and every morning drink half a ſpoonfull thereof with a good draught of white wine, and it will help. For the ſtone in the reins.

For the ſtone in the bladder, take a radiſh-root and ſlit it croſſe twice, then put it into a pint of white wine and ſtop the veſſell exceeding cloſe: then let it ſtand all one night, and the next morning drink it off faſting, and thus do divers mornings together, and it will help. For the ſtone in the bladder

For the ſtone in the bladder, take the kernels of ſloes, and dry them on a tile-ſtone, then beat them to pouder, then take the roots of *Alexander*, *parſly*, *pellitory*, & *holihock*, of every of their roots a like quantity, & ſethe them all in white wine, or elſe in the broth of a young chicken: then ſtrain them into a clean veſſell, and when you drink of it, put into it half a ſpoonfull of the powder of ſloe-kernels. Alſo if you take the oyle of Scorpion, it is very good to annoint the members, and the tender parts of the belly againſt the bladder. A pouder for the ſtone in the bladder.

To make a bath for the ſtone, take *mallows*, *holihock*, and *lilly roots*, and *linſeed*, *pellitory* of the wall, and ſethe them in the broth of a ſheeps head, and bath the reins, of the back therewith oftentimes, for it will open the ſtraightneſſe of the water conduits, that the ſtone may have iſſue, and aſſwage the pain, and bring out the gravell with the urine: but yet in more effect, when a plaiſter is made and laid unto the reins and belly immediately after the bathing. A bath for the ſtone.

To make a water for the ſtone, take a gallon of new milk of a red Cow, and put therein a handfull of *pellitory* of the wall, and a handful of wild time, and a handfull of *Saxifrage* & a handful of *parſly*, & two or three A water for the ſtone.

radish roots sliced and a quantity of *Philipendula* roots, let them lie in the milk a night, and in the mornig put the milk with the hearbs into a still, and distill them with a moderate fire of charcole such or like: then whē you are to use the water, take a draught of rhenish wine or white wine, and put into it five spoonfuls of the distilled water, and a little nutmeg and sugar sliced, and then drink of it, the next day meddle not with it, but the third day do as you did the first day, and so every other day for a weekes space.

Difficulty of Vrine. For the difficulty of urin, or hardnesse to make water, take *Smallage*, *Dil*, *Any-seeds*, and *Burnet*, of each alike quantity, and dry them and beat them to fine powder and drink half a spoonful thereof, with a good draught of white wine.

For hot Vrine If the urine be hot and burning, the party shall rise every morning to drink a good draught of new milk and sugar mixt together, and by all meanes to abstain from beer that is old, hard, and tart, and from all meats and sawces which are sowr and sharp.

For the strangullion. For the strangullion, take *Saxifrage*, *Polipody*, of the Oak, the roots of beanes, and a quantity of *Raisins*, of every one three handfull or more, and then two gallonds of good wine or else wine lees, and put it into a serpentary and make therof a good quantity, & give the sick to drink morning and evening a spoonefull at once.

For pissing in bed. For them that cannot hold their water in the night time, take *Kids* hoof, and dry it, and beat it into pouder, and give it to the patient to drinke, either in beer or ale four or five times over.

For the rupture. For the rupture or bursennesse in men, take *Comphry* and *Fernecfmond*, and beate them together, and yellow

yellow wax, and Dears ſuet untill it come unto a ſalve, and then apply it unto the broken place and it will knit, it; alſo it ſhal be good for the party to take *Comphry* roots, & roſt them in hot embers as you roſt wardens, and let the party eat them for they are very ſoveraign for the ruptuie eſpecially being eaten in a morning faſting and by all meanes let him were a ſtrong truſſe til it be whole.

Take *Goats* clawes and burn them in a new earthen pot to powder, then put of the powder into broth or pottage, and eat it therein: or otherwiſe take *Rue*, *Parſly*, and *Gromwell*, and ſtamp them together, and mixe it with wine and drink it. Additions to the diſeaſes of the reins and bladder.

Take *Agnus caſtus* and *Caſtoreum*, and ſethe them together in wine, and drink thereof, alſo ſethe them in vinegar, and lap it hot about the privy parts and it will help. For him that cannot hold his water.

Take *Malmſey* and butter, and warm it, and waſh the reins of the back, whereupon you find pain, then take oyle of *Mace* and annoint the back therewith. For the Gonorea or ſhedding of ſeed.

Firſt waſh the reines of the back with warm white wine then annoint all the back with the oyntment called *perfuanelo*. For weakneſs in the back.

Take a leg of beef a handfull of *Fennel* roots, a handfull of *parſly* roots, two roots of *comphry*, one pound of *raiſins* of the Sun, a pound of damask *prunes*, and a quarter of a pound of *dates*, put all theſe together, and boyle them very ſoft with ſixe leaves of *neep*, ſix leaves of *clary*, twelve leaves of *bittany* of the wood, and a little *harts tongue*, when they are ſod very ſoft, take them into the ſame broth again with a quart of ſack, and a penny worth of large mace, and of this drink at your pleaſure. For heating the reins. For comforting and ſtrengthning of the back.

For the hemegoids.

For the Hemeroides, which is a troublesome and a sore grief, take of *Dill, Dogge-fennell*, and *Pellitory* of *Spain*, of each half a handfull, and beat it in a morter with Sheeps suet and black Sope till it come to a salve and then plaisterwise apply it to the sore, and it will give the grief ease.

For the piles or hemeroids.

For the Piles or Hemeroides, take half a pint of ale, and a good quantity of pepper, and as much allom as a walnut; boyl all this together till it be as thick as birdlime or thicker, this done, take the juyce of white violets, and the juyce of Housleek, and when it is almost cold, put in the juyce and strain them altogether, and with this oyntment annoint the sore place twice a day. Otherwise for this grief take Lead and grate it small, and lay it upon the sores: or else take muskles dried and beat to pouder, and lay it on the sores

For the falling of the fundaments

If a mans fundament fall down through some cold taken, or other cause, let it be forthwith put up again: then take the pouder of *Town-cresse* dryed, and strew it gently upon the fundament, and annoint the reines of the back with hony, and then about it strew the powder of *Cummin* and *Calasine* mixt together, and ease will come thereby.

Additions to the diseases of the private parts.

For the hemeroids.

Take a great handfull of *orpius*, and bruise them between your hands, til it be like a salve, and then lay them upon a cloath and bind them fast to the fundament.

For the green sickness.

To help the green sickness take a pottle of white wine and a handfull of *Rosemary*. a handfull of *wormwood*, an ounce of *Cardus benedictus* seed, and a dram of *Cloves*: all these must be put into the white wine in a jug, and covered very close, and let it steep a day and a night before the party drink of it, then let her drink of it every morning and two houres before supper: and

and to take it for a fortnight, and let her ſtir as much as ſhe can, the more the better, and as early as ſhe can, otherwiſe for this ſickneſſe take *Hyſope*, *Fennell*, *Penny-royall*, of theſe three one good handfull, take two ounces of *currants* ſethe theſe in a pint of fair water to a half, then ſtrain the herbs from the liquor, and put thereto two ounces of fine ſugar, and two ſpoonfuls of white wine vinegar, let the party drink every morning foure ſpoonfuls thereof, and walke upon it.

To increaſe a womans milk, you ſhall boyl in ſtrong poſſet ale good ſtore of *Colworts* and cauſe her to drink every meal of the ſame: alſo if ſhe uſe to eat boyled *Colworts* with her meat, it will wonderfully increaſe her milk. To increaſe womans milk

To dry up womans milk, take red ſage, and having ſtampt it and ſtrained the juyce from the ſame, adde thereunto as much wine vinegar, and ſtir them well together, then warm it on a flat diſh, over a few coals ſteep therein a ſheet of browne paper, then making a hole in the midſt thereof for the nipple of the breſt to go through, cover al the breaſt over with the paper, and remove it as occaſion ſhall ſerve, but be very carefull it be layd very hot to. Some are of opinion, that for a woman to milk her breaſts upon the earth, will cauſe her to dry, but I refer it to tryal. To dry up milk.

To help womens ſore breaſts, when they are ſwelled or elſe inflamed, take violet leaves and cut them ſmal and ſethe them milke or running water with wheate bran, or wheat bread crummes, then lay it to the ſore as hot as the party can indure it. A pultis for ſore breaſts in women.

If a woman have a ſtrong and hard labour, take feur ſpoonfulls of another womans milke, and give For eaſe in child caring.

it the woman to drink in her labour, and she shall be delivered presently.

Child dead in the womb:

If a woman by mischance have her childe dead within her, she shall take *Dittander*, *Felwort*, and *Penyroyall*, and stamp them, and take of each a spoonfull of the juyce, and mix it with old wine, and give it her to drink, and she shall soon be delivered without danger.

Aptnes to conceive.

To make a woman to conceive, let her either drinke *Mugwort* steeped in wine, or else the powder thereof mixed with wine, as shall best please her taste.

Additions to womens infirmities.

Take the powder of *Corrall* finely ground and eat it in a rear egge, and it will stay the flux.

To cease womans flowers.

Against womens termes, make a pessary of the juyce of *Mugwort*, or the water that it is sodden in, and apply it, but if it be for the flux of the flowers, take the juyce of *Plantain* and drink it in red wine.

Against the flowers.

Take a *Fomentation* made of the water wherein the leaves and flowers of *Tutsan* is sodden, to drink up the

For the matrix

superfluities of the matrix, it cleanseth the entrance, but this herb would be gathered in harvest; if the woman have pain in the Matrix, set on the fire water that *Amomum* hath been sodden in, and of the decoction make a pessary, and it will give ease.

A generall purge for a woman in child-bed.

Take twy or three egges, and they must bee neither rost nor raw, but between both, and then take butter that salt never came in, and put into the egges, and sup them off, and eat a piece of brown bread to them, and drink a draught of small Ale.

To deliver the dead birth.

Take the root of *Aristolochia rotunda* and boyl it in wine and oyl, make a *fomentation* thereof, and it helps.

To increase milk.

Take the buds and tender crops of *Briony* and boyl them in broth or pottage, and let the woman eat thereof, it is soveraign.

Take

Take *Mugwort*, *Motherwort*, and *Mints*, the quantity of a handfull in all, ſethe them together in a pint of *malmſey*, and give her to drink thereof two or three ſpoonfulls at a time and it will appeaſe her ſwooning. For a woman that is new brought in bed & ſwooneth much.

Take *Hembane* ſtamped and mixt with vinegar and apply it plaiſterw ſe over all the forehead, and it will cauſe ſleep. To provoke ſleep.

Take *Sage*: *Smallage*, *Mallowes*, and *plantain*, of each an handful, beat them all wel in a mortar, then put unto them oatmeal and milk, and ſpread it on a fine linnen cloth an inch thick, and lay it to the breaſt or breaſts: or otherwiſe take white bread Leaven and ſtrain it with cream, and put thereto two or three yolkes of egges ſalt oyle or oyl of *Roſes*, and put it upon a ſoft fire till it be warm and ſo apply it to the breſt. For ſore breſts.

For Morphew, whether it be white or black, take of the *Litharge* of gold a dram, of unwrought brimſtone two drams, beat them into find powder, then take of the oyle of *Roſes* and *Swines* greaſe of each alike quantity, and grind them altogether with half a dram of *camphire* and a little vinegar, and anoint the ſame therewith morning and evening. For morphew of both kinds.

To breed haire take, Southern-wood and burn it to aſhes, and mixe it with common oyle, then annoint the bald place therewith morning and evening, and it will breed hair exceedingly. To breed hair.

For the Gout, take *Ariſtolochia rotunda*, *Althea*, *Cetony*, and the roots of wild *Neep*, and the roots of the wild *deck* cut in pieces after the upper Rind is taken away, of each alike quantity, boyle them all in running water till they be ſoft and thick: then ſtamp them in a morter as ſmal as may be, and put thereto a litle quantity of chimney ſoot, and a pint or better of new milk For the gout.

of

of a Cow which is all one intire colour, and as much of the urine of a man that is fasting, and having stirred them all well together, boyle them once again on the fire then as hot as the party can suffer it apply it to the grieved place, and it will give him ease.

For the sciatica. For the *Sciatica* take of mustard seed a good handfull, and as much of white hony, and as much in weight of figs, and crummes of white bread halfe so much, then with strong vinegar beat it it in a mortar till it come unto a salve, then apply it unto the grieved place and it will give the grieved party ease, so will also a plaister of *Oxicrotum*, if it b. continually warm upon the same.

For any pain or swelling, or stinging of venomous beasts. To help all manner of swellings or aches, in what part of the body soever it be, or the stinging of any venomous beast, as *Adder*, *Snake*, or such like: take *Horehound*, *Smallage*, *Porrets*, small *Mallowes*, and wild *tansey* of each alike quantity, and bruise them or cut them small: then sethe them altogether in a pan with milk, *oatmeal*, and as much Sheeps suet, or Deares suet as an Hens egg, and let it boyl till it be a thick plaister, then lay it upon a blew woollen cloath, and lay it to the grief as hot as one can suffer it.

For swelings in the legs or feet. For any swelling in the legs or feet, take a good handful of water Cresses, & shread them smal, and put them in an earthen pot, and put thereto thick Wine Lees, and wheat bran, and Sheeps suet, of each of them a like quantity, and let them boyl together untill they be thick, then take a linnen cloath, & bind it about the sore & swelling as hot as the party grieved can indure it, & let it remain on a whole night & a day without any removing, & when you take it away, lay to it a fresh plaister, hot, as before, and it will take away both the

pain

pain and ſwelling. Other Chirurgions, for this griefe take hony and beer and beat them together, and therewith bath the ſwelling morning and evening.

To waſh any ſore or Ulcer, take running water, and *Bolearmoniack* and *Camphire*, and boyl them together, and dip in a cloth, & lay it to the ſore as hot as may be indured: alſo *Plantain* water is good to kill the heat of any ſore: or if you take Woodbine leaves and bruiſe them ſmall, it will heal a ſore; or if you waſh a ſore with verjuyce, that hath been burnt or ſalded, it is a preſent remedy. A water to waſh a ſore with.

There be divers others which for this grief take the green of Gooſe dung and boyl it in freſh butter, then ſtraine it very cleane and uſe it. And *Sallet-oyle* and Snow water beaten together wil cure any ſcald or burning. A paltis for a ſore.

To cure any old ſore how grievous ſoever it be, take of new milk three quarts, & a good handful of *Plantain* and let it boyl till a pint be conſumed: then adde three ounces of *allom* made in powder, and an ounce and a half of white *Sugarcandy* powdered. Alſo then let it boyl a little till it have hard Curd, then ſtrain it, with this warm waſh the Vlcer, and all the member about it: then dry it, and lay upon the Vlcer *Vnguentum Baſilicon* ſpread on lint, and your *diminium* plaiſter over it, for this ſtrengthneth and killeth the itch: but if you find this is not ſharp enough, then take of milk a quart *allom* in powder two ounces, vinegar a ſpoonfull, when the milk doth ſeeth, put in the *allom* and vinegar: then take off the curd, and uſe the reſt as was before-ſaid, and it will cure it. For any old ſore.

For ſcabs or itch take *unguentum Populion*, & therewith annoint the party and it wil help, but if it be more ſtrong For any ſcabs or itch.

ſtrong and rank, take an ounce of *Nerve oyle*, and three penny-worth of quickſilver, and beat and work them togeather, until you ſee that aſſuredly the quick-ſilver is killed, then let the party annoint therewith the palmes of his hands, the boughs at his elbowes, his arm-pits and hams, and it will cure all his body.

For the leproſie. To cure the leproſie take the juyce of *Colworts*, and mixe it with *Allom* and ſtrong ale, and annoint the Leaper therewith morning and evening, and it will cleanſe him wonderfully, eſpecially if he be purged firſt, and have ſome part of his corrupt bloud taken away.

To take away pimples. To take away either pimples from the face, or any other part of the body, take Vergin wax and *Spermaceti*, of each alike quantity, and boyl them together and dip in a fine linen cloath, and as it cooles dip it well of both ſide, then lay it upon another fair cloath upon a table, and then fold up a cloth in your hands, and all to ſlight it with the cloath, then take as much as wil covet the grieved place.

Privi: parts burnt. If any man have his privy parts burnt, take the aſhes of a fine linnen cloath in good quantity, and put it into the former oyle of egges, and annoint the ſore member therewith, and it wil cure it,

For any burning. For any burning, take ſixe new layd egges and roaſt them very hard, and take out the yolkes thereof, & put them into an earthen pot, and ſet it oven the fire on hot embers, and then whilſt the egges look black, ſtir them with a ſlice till they come to an oyle, which oyle take clarifie, and put it into a glaſſe by it ſelf, and therewith annoint the burning, and it will cure it.

For any ſcalding. For any ſcalding with hot water oyle or otherwiſe, take good cream, and ſet it on the fire, & put into it the green which growes one a ſtone wal, take alſo *yarrow*

the

the green of elder bark and fine graſſe, and chop them ſmal, then put them into the cream, and ſtir it well till it come to an oyl ſalve, then ſtraine it and anoint the ſore with it.

To dry up any ſore, take *Smallage, Groundſil, wilde mallowes*, and *violet leaves*: chop them ſmall and boyl them in milk with bruiſed *Oatmeal* and ſheeps ſuet, and ſo apply it to the ſore. A pultis to dr a ſore,

To eat away dead fleſh, take *Stubblewort*. and fold it up i a red dock leaſe, or red wort leaſe, and ſo roſt it in the hot embers and ſo lay it to the ſore, and it will eat away all the dead fleſh, or otherwiſe, if you ſtrew upon the ſore a little pricipitate, it will eat away the dead fleſh. To eat away dead fleſh,

To make a water to heal all manner of wounds, you ſhall take *Iuph wort* flowers, leaves and roots, and in *March* or *Aprill*, when the flowers are at the beſt, diſtil it then with that water bath the wound, and lay a linnen cloth well therewith in the wound, and it will heal it. A water to heale wounds.

To heal any wound or cut in any fleſh or part of the body; Firſt if it be fit to be ſtitcht, ſtitch it up, and then take *Vaguentum aurum*, and lay it upon a pleagant of lint as big as the wound, & then over it lap a *diminium* plaiſter made of Sallet oyl and red lead, and ſo dreſſe it at leaſt once in four and twenty houres, but if it bee a hollow wound, as ſome thruſt in the body or other members, then you ſhall take *Balſamum cephalicum*, and warming it on a chafing diſh of coales, dip the tent therein and ſo put it into the wound, then lay your plaiſter of *diminium* over it, and do thus at leaſt once a day untill it be whole. To heale any wound.

If a mans ſinews be cut or ſhrunk, he ſhall go to the roote of the wild neepe which is like woodbine, For ſinews cut or ſhrunk.

and

and make a hole in the midſt of the root, then cover it wel again that no ayr go out nor in, nor rain, nor other moyſture; thus let it abide a day and a night, then go and open it, and you ſhall find therein a certain liquor; then take out the liquor and put it into a clean glaſſe, and do thus every day whileſt you find any moyſture in the hole; and this muſt onely be done in the months of *April* and *May*: then annoint the ſore therewith againſt the fire, then wet a linnen cloath in the ſame liquor, and lap it about the ſore, and the vertue wil ſoon be perceived.

To break any impoſthume

To break any Impoſthume; and to ripe it onely, take the green *Melilot* plaiſter, and lay it thereunto; and it is ſufficient.

Two generall infirmities of Surgery, and firſt of burnings & ſcalding.

For burning or ſcalding, with either Liquor or Gunpowder.

Take *Plantain* water, or *Sallet oyle* and running water beaten together, and therewith annoint the ſore with a feather, till the fire be taken out, then take the white of egges, and beat them to oyle, which done, take a Hare skinne and clip the hair into the oyle, and make it as thick as you may ſpread it upon a fine linen cloath, and ſo lay it upon the ſore, and remove it not, untill it be whole, and if any riſe up of it ſelf, clip it away with your nears, and if it be not perfectly whole, then take a little of the oyntment and lay it unto the ſame place again: otherwiſe take halfe a buſhell of Glovers ſhreads of all ſorts, and ſo much of running water as ſhall be thought convenient to ſethe them, and put thereto a quarter of a pound of Barrowes greaſe, and then take halfe a buſhel of the doune of Cattales, and boyl them altogether, continually ſtirring them, untill they be ſodden that they may be ſtrained into an earthen pot or glaſſe, and with it annoint the ſore.

Or elſe take *Caprefolii*, *Mouſeare*, *ground Ivy*, and *Henſdung* of the reddeſt or the yelloweſt and fry them with *May-butter* altogether untill it be brown, then ſtrain it through a clean cloath, and annoint the ſore therewith.

Take the middle rind of the Elm tree, and lay it two or three hours in fair running water till it waxe ropy like glew, and then annoint the ſore therewith: Or otherwiſe, take ſheeps tallow and ſheeps dung, and mixe them together till they come to a ſalve, and then apply it to the ſore. For burnings or ſcaldings on the face.

Take *Plantine* leaves, *daiſie* leaves, the green bark of *Elders*, and green *Germaunders*, ſtamp them altogether with freſh butter or with oyle, then ſtrain it through a linnen cloath, and with a feather annoint the ſore till it be whole. An oyntment for burning.

Take of the *oyle olive* a pint, *Turpentine* a pound, unwrought wax half a pound, *Roſen* a quarter of a pound ſheeps ſuet two pound, then take of *Orpents*, *Smallage*, *Ragwort*, *Plantine*, and *Sicklewort*, of each a good handfull, chop all the hearbs very ſmal, and boyl them in a pan altogether upon a ſoaking fire, and ſtir them exceeding much, until they be wel incorporate together then take it from the fire and ſtrain al through a ſtrong canvaſſe cloath into clean pots or glaſſes, and uſe it as your occaſion ſhall ſerve, either to anoint, taint, or plaiſter.

Or otherwiſe take *Poplar* buds, and *Elder* buds, ſtamp and ſtrain them, then put thereto a little Venice turpentine, Waxe, and Roſin, and ſo boyle them together, and therewith dreſſe the ſore, or elſe take two handfull of plantain leaves, bray them ſmall and ſtrain out the juice, then put to it as much womans milk, a Vlcers and ſores. A ſalve for any old ſore.

ſpoon-

ſpoonfull of hony, a yolk of an egge, and as much wheat flowre as you think will bring it to a ſalve, and make a plaiſter thereof and lay it unto the ſore, renewing it once in four and twenty houis.

To take away dead fleſh.

Take an ounce of *Vnguentum Apoſtolorum*, and an ounce of *Vnguentum Aegyptiacum*, and put them together in a pot, being firſt well wrought together in a bladder, then if the fleſh be weak, put into it a little fine white ſugar, and therewith dreſſe the ſore, or otherwiſe take onely *Precipitate* in fine pouder, and ſtrew it on the ſore.

A water for a ſore.

Take a gallon of Smiths ſleack water, two handfuls of Sage, a pint of hony, a quart of Ale, two ounces of Allom, and a little white *copporas*, ſethe them altogether till halt be conſumed, then ſtrain it, and put it into a clean veſſell, and therewith waſh the ſore. Or otherwiſe, take clean running water, and put therein *rub. Allom*, and *madder*, and let them boyle till the *allom*, and the *madder*, be conſumed, then take the clearer of the water, and therewith waſh the ſore.

Or elſe take *Sage*, *Fennell*, *cinquefoyl*, of each a good handfull, boyl them in a gallon of running water till they be tender, then ſtrain the liquor from the herbs and put to it a quarter of a pound of roch *Allom*, and let it ſethe again a little till the *allom* be melted, then take it from the fire, and uſe it thus, dip lint in it warm and lay it to the ſore, and if it be hollow, apply more lint, then make a little bolſter of linnen cloth, and wet it well in the water, then wring out the water, and ſo bind on the bolſter cloſe.

A black plaiſter to neale old ſores and kill inflamations.

Take a pinte of ſallet oyle, and put into it ſixe ounces of red lead, and a little cerufe or white lead, then ſet it over a gentle fire, and let it boyle a long ſeaſon ſtirring it

it wel til it be ſtiffe, which you ſhal trye in this order; let it drop from your ſticke or ſlice vppon the bottome of a ſaucer, and ſo ſtand vntil it be cold, and then if it be wel boyled, it wil bee ſtiffe and very blacke, then take it off, and let it ſtand a little, and after ſtraine it through a cloath into a Baſon, but firſt annoynt the Baſon with Sallet oyle, and alſo your fingers, and ſo make it vp into roules plaiſterwiſe, and ſpread it and apply it as occaſion ſhal ſerue.

An oyntment to ripen ſores.

Take *mallowes* and *beetes*, and ſeeth them in Water, then drye away the Water from them, and beate the hearbs wel with old Boares greaſe, and ſo apply it vnto the Appoſtume hot.

For the ſtinging of any adder or venemous thing.

Take a handful of *rue* and ſtampe it with ruſty Bacon til it come to a perfect ſalue, and therewith dreſſe the ſore til it be whole.

For any venoming.

If the party be outwardly venomed, take *Sage* and bruiſe it wel and apply it vnto the ſore, renewing it at leaſt twice a day, but if it be inwardly, then let the party drinke the iuyce of *Sage* eyther in Wine or ale morning and euening.

For a ringworme.

Take *Selladine* early in the morning, and bruiſe it wel, and then apply it to the ſore, and renewing it twice or thrice a day.

For the ſich.

Take of *campheire* one dramme, of *Quickſilver* foure penny-worth killed wel with Vinegar, then mixe it with two penny-worth of oyle de Bay, and therwith annoynt the body. Or otherwiſe take red *onions* and ſeeth them in running water a good while, then bruiſe the *onions* ſmal, and with the Water they were ſodden in, ſtraine them in, then waſh the infected place with the ſame.

Take a great quantity of the hearbe *Bennet*, and as

For the dryed Scabbe.

much of red *nettles*, pound them well and straine them, and with the iuyce wash the patient naked before the fire, and so let it drinke in and wash him againe, and doe so diuers dayes till he be whole.

To kill the Itch or retter serpego.

Take a penyworth of white *copperas*, and as much greene *copperas*, a quarter of an ounce of white *Mercury*, a halfepeny-worth of *Allom* and burne it, and set all ouer the fire with a pint of faire water, and a quarter of a pint of wine Vinegar, boyle all these together till they come to halfe a pint, & then annoint the sore therewith.

To take away the skarres of the smal Poxe.

Take *Barrowes* grease a pretty quantity, and take an apple & pare it and take the chore cleane out, then chop your apple and your Barrowes grease together, and set it ouer the fire that it may melt but not boyle, then take it from the fire, and put thereto a pretty quantity of rose water and stirre all together till it be cold, and keepe it in a cleane vessell, and then annoynt the face therewith.

For the French or Spanish pox.

Take *quicksiluer* and kill it with fasting spittle, then take *verdigrease*, *Arabecke*, *Turpentine*, *Oyle oliue*, and *Populion*, and mixe them together to one entire oyntment, and anoynt the Sores therewith, & keepe the party exceeding warme. Or otherwise, take of *Allom* burned, of *Rossin*, *Frankensence*, *Populion*, oyle of *Roses*, *Oyle de bay*, *Oyle olyue*, greene *Copperas*, *verdigrease*, *White lead*, *Mercury sublimate* of each a pretty quantity but of *Allome* most, then beate to pouder the symples that are hard, and melt your oyles, and cast in your pouders and stirre al wel together, then strayne them through a cloth, and apply it warme to the sores; or else take of *Capons* grease that hath toucht no water, the iuice of *Rue* and the fine pouder of *Pepper*, and mixe them together to an oyntment, and apply it round about the sores,

but

but let it not come into the ſores, and it will dry them vp.

Take of *Treakle* halfe pennyworth, of long *Pepper* as much, and of *graynes* as much, a little *ginger*, and a little quantity of *Licoras*, warme them with ſtrong ale, and let the party drinke it off, and lie downe in his bed and take a good ſweate: and then when the ſores ariſe, vſe ſome of the oyntment before rehearſed. To put out the French or Spaniſh Poxe.

Take the iuyce of red *Fennell*, and the iuyce of *Sengreene* and Stone hony, and mixe them very well together till it be thicke, and with it annoynt the party, but before you doe annoynt him you ſhall make this water. Take *Sage* & ſeeth it in very faire water from a gallond to a pottle, and put therein a quantity of hony and ſome allom, and let them boyle a little together; when you haue ſtrained the hearbs from the water, then put in your hony and your allom, and therewith waſh the poxe firſt, and let it dry in well, and then lay on the aforeſayd oyntment. To make the ſcabs of the French Poxe to fall away. Additions, to greene wounds.

Take the oyle of the white of an egge, wheate-flower, a little hony and venice *Turpentine*, take and ſtirre all theſe together, and ſo vſe it about the wound but not within, & if the wound do bleed, then adde to this ſalue a little quantity of *Bolearmoniak*. A deffenſitiue for a greene wound.

Take *Apoponax* and *Galbanum*, of each an ounce, *Ammonianum*, and *Bedlynd* of each two ounces, of *Lethargy* of gold one pound and a halfe, new waxe halfe a pound, *Lapis Calaminaris* one ounce, *Turpentine* foure ounces, *Myrrh* two ounces, *Oyle de bay* one ounce, *Thuſſe* one ounce, *Ariſtolochia* roots two ounces, oyle of *Roſes* two ounces, *ſaket oyle* two pound, all the hard ſymples muſt bee beaten to fine powder and ſearſſed, A ſalue for a greene wound.

take alſo three pints of right Wine vinegar, and put your foure gummes into the vinegar a whole day before, till the gummes be diſſolued, then ſet it ouer the fire and let it boile very ſoftly vntil your vinegar bee as good as boiled away, then take an Earthen pot with a wide mouth, and put your oyle in and your waxe, but your Waxe muſt be ſcraped before you put it in, then by a little at once put in your *Lethargy* and ſtir it exceedingly, then put in all your gummes and all the reſt, but let your *Turpentine* be laſt, and ſo let it boile till you ſee it grow to be thicke, then poure it into a Baſon of water, and worke it with oyle of *roſes* for ſticking vnto your hands, and make it vp in roules plaiſterwiſe, and here is to be noted, that your oyle of *roſes* muſt not be boyled with the reſt, but after it is taken from the fire a little before the *Turpentine*.

A water to heal any greene woun^d, cut, or ſore.

Take three good handfull of *Sage*, and as much of *Honi ſuckle* leaues and the flowers cleane picked, then take one pound of Roch *Allome*, and a quarter of a pound of right Engliſh Honey clarified, halfe a penny-woorth of graines, and two gallonds of running Water, then put all the ſayd things into the water, and let them ſeeth til halfe be conſumed, then take it from the fire til it be almoſt cold, and ſtrayne it through a cleane cloath, and put it vp in a glaſſe, and then eyther on taint or pleagant vſe it as you haue occaſion.

To ſtaunch & cole, & draw ſinewes together.

Take a quart of Rie flower and temper it with running water, and make dough thereof, then according to the bigneſſe of the wound lay it in with the *deffenſitiue* plaiſter before rehearſed, ouer it, and euery dreſſing make it leſſe and leſſe till the wound be cloſed.

A made oyle

Take a quart of *Neates foot oyle*, a quart of Oxe gals, a quart of *Aquauitæ*, and a quart of roſe water, a hand-

full

full of roſemary ſtrypt, and boyle all theſe together till halfe be conſumed, then preſſe and ſtrayne it, and vſe it according as you find occaſion.

Take hony, pitch and butter, and ſeeth them together, and annoynt the hurt againſt the fire, and tent the ſore with the ſame. For a wound in the guts.

Take grounſell and ſtampe it, and ſeeth it with ſweet milke till it be thicke, then temper it with blacke ſope and lay it to the ſore. For pricking with a thorne.

Take Roſin a quarter of a pound, of waxe three ounces, of oyle of Roſes one ounce and a halfe, ſeeth all them together in a pint of white wine till it come to skimming, then take it from the fire and put thereto two ounces of Venice *Turpentine*, & apply it two the wound or ſore. To gather fleſh in wounds.

Take muſtard made with ſtrong vinegar, the crums of browne bread, with a quantity of hony and ſixe figgs minxt, temper all together well and lay it vpon a cloth plaiſterwiſe, put a thinne cloath betweene the plaiſter and the fleſh and lay it to the place grieued as oft as need requires. Additions, For ach or ſwellings. For the Cyatyca.

Take a pound of fine Rozin, of *oyle de bay* two ounces, of *Populion* as much, of *Frankenſence* halfe a pound, of oyle of *Spyke* two ounces, of oyle *Camomile* two ounces, of oyle of *Roſes* two ounces, of *Waxe* halfe a pound, of *Turpentine* a quarter of a pound, melt them and ſtirre them well together and then dip linnen clothes therein, and apply the ſeare cloath as you ſhall haue occaſion, & note the more oyle you vſe, the more ſupler the ſeare cloath is, and the leſſe oyle the ſtiffer it will be. A yellow cloth for any paine or ſwelling.

Take a little blacke ſope, ſalt and hony, and beate them well together, and ſpread it on a browne paper and apply it to the bruiſe. For bruiſes.

For swelled legs.

Take *mallowes* and seeth them in the dregges of good Ale or *milke*, and make a plaister thereof, and apply it to the place swelled.

For any ache.

Take in the moneth of *may*, *Henbane*, and bruise it wel and put it into an earthen pot and put thereto a pint of *Sallet oyle* and set it in the Sunne til it be all one substance, then annoynt the ache therewith.

☞ A playster for any paine in the ioynts.

Take halfe a pound of vnwrought wax, as much Rosin, one ounce of *galbanum*, a quarter of a pound of *Lethargy* of gold, three quarters of white *Leade*, beaten to pouder and searst, then take a pint of *Neates foot oile*, and set it on the fire in a smal vessel which may containe the rest, and when it is all moulten, then put in the pouders and stirre it fast with a slice, and trye it vppon the bottome of a saucer, when it beginneth to be somewhat hard, then take it from the fire, and annoynt a faire boord with *Neates foote oyle*, and as you may handle it for heate, worke it vp in roules, and it wil keepe fiue or sixe yeares, being wrapped vp close in papers, and when you wil vse it, spread of it thin vpon new lockram or leather somewhat bigger then the griefe, and so if the griefe remooue follow it, renewing it morning and euening, and let it be somewhat warme when it is layd on, and beware of taking cold, and drinking hot wines.

Additions, To grief in the Bones.

For bones out of ioynt, or sinnewes sprung or strained.

Take foure or fiue yolkes of egges, hard sodden or rosted, and take the branches of great *morrel*, and the berries in Summer, and in Winter the rootes, and bray all wel together in a morter with sheeps milke, and then frye it vntil it bee very thicke, and so make a plaister thereof, and lay it about the sore, and it wil take away both paine and swelling.

A bath for broken ioynts.

Take a gallond of standing lye, put to it of *Plantain* and *knot-grasse*, of each two handful, of *worme-wood*, and

*comfrey*.

*comfrey*, of each a handful, and boile all theſe together in the lye a good while, and when it is luke warme bath the broken member therewith, and take the buds of Elder gathered in *March*, and ſtripped downeward and a little boyle them in water, then eate them in oyle and very little wine Vinegar, a good quantity at a time in the morning euer before meat, or an houre before the Patient go to dinner, and it much auailes to the knitting of bones.

A general bath for clearing the skin, and comforting the body.

Take *roſemary*, *fetherfew*, *orgaine*, *Pellitory* of the wall, *fennell*, *mallowes*, *violet leaues*, and *Nettles*, boyle all theſe together, and when it is wel ſodden put to it two or three gallonds of milke, then let the party ſtand or ſit in it an houre or two, the bath reaching vp to the ſtomacke, and when they come out they muſt go to bed and ſweat, beware taking of cold.

A ſoueraine helpe for broken bones.

Make a plaiſter of wheat flower and the whits of egges and ſpread it on a double linnen cloth, and lay the plaiſter on an euen board, and lay the broken limbe thereon, and ſet it euen according to nature, and lap the plaiſter about it and ſplint it, and giue him to drinke *Knitwort* the iuyce thereof twice and no more, for the third time it wil vnknit, but giue him to drinke nine dayes each day twice the iuyce of *comfrey*, *daiſies* and *oſmund* in ſtale Ale and it ſhal knit it, and let the fore-ſaid playſter lye to, ten dayes at the leaſt, and when you take it away do thus, take *hore-hound*, *red fennel*, *Hounds tong*, *Wal-wort*, and *Pelitory*, and ſeeth them, then vnroule the member and take away the ſplints, and then bath the linnen and the plaiſter about the member in this bath vntil it haue ſoakt ſo long that it come gently away of it ſelfe, then take the afore ſayd plaiſter and lay thereon fiue or ſixe daies very hot, and let each plaiſter lye a day

and a night and alwayes ſplint it wel, and after cheriſh it with the oyntments before Rehearſed, for broken bones, and keep the party from vnwholſome meats and drinks til he be whole, and if the hurt be on his arme let him beare a bal of greene hearbs in his hand to preuent the ſhrinking of the hand and ſinewes.

For any Feuer. Take *Sage, Ragwort, Yarrow,* vnſet *Leekes* of each a like quantity, ſtamp them with Bay ſalt and apply them to the wreſts of the hands.

To expel heate in a Feuer. Blanch Almonds in the cold water, and make milke of them (but it muſt not ſceth) then put to it ſugar, and in the extremity of heat, ſee that you drinke thereof.

The royall medicine for Feuers. Take three ſpooneful of Ale and a little *Saffron,* and bruiſe and ſtraine it thereto, then adde a quarter of a ſpoonful of fine *Treacle* and mixt altogether, and drinke it when the fit comes.

Another. Take two roots of *Crow-foot* that growes in a marſh ground, which haue no little rootes about them, to the number of twenty or more, and a little of the Earth that is about them, and do not waſh them, and adde a little quantity of Salt, and mixe all wel together, and lay it on linnen cloathes, and bind it about your thumbs betwixt the firſt and the neather ioynt, and let it lie nine daies vnremooued, and it wil expel the Feuer.

## *An approoued Medicine for the greateſt Laske or Flixe.*

☞ Take a right *Pomwater* the greateſt you can get, or elſe two little ones, roaſt them very tender to pap, then take away the skinne and the core and vſe only the pap, and the like quantity of *Chalke* finely ſcraped, mix them both together vppon a Trencher before the fire, and

La- make

worke them wel to a plaiſter, then ſpread it vppon a linnen cloth warmed very hot as may be ſuffered, and ſo bind it vnto the nauill for twenty foure houres, vſe this medicine twice or thrice or more, vntil the Laske bee ſtayed.

OF Oyle of Swallowes.

To make the oyle of *Swallowes*, take *Lauendar cotton*, *Spike*, *Knot-graſſe*, *Ribwort*, *Balme*, *Valerian*, *Roſemary tops*, *Woodbine tops*, *Vine ſtrings*, *French mallows*, the tops of *Alecoſt*, *Strawberry ſtrings*, *Tutſan*, *Plantain*, *Walnut tree leaues*, the tops of young *Bates*, *Iſop*, *violet leaues*, *Sage* of vertue, fine Roman *Wormwood*, of each of them a handful, *Cammomile* and *Red roſes*, of each two handful, twenty quicke *Swallowes*, and beate them altogether in a great morter, and put to them a quart of *Neats-foot oile*, or May butter, and grind them all well together with two ounces of Cloues wel beaten, then put them altogether in an earthen pot, and ſtop it very cloſe that no ayre come into it, and ſet it nine dayes in a Seller or cold place, then open your pot and put into it halfe a pound of white or yellow waxe cut very ſmal, & a pint of oyle or butter, then ſet your pot cloſe ſtopped into a pan of water, and let it boile ſixe or eight houres, and then ſtraine it: this oyle is exceeding ſoueraine for any broken bones, bones out of ioynt, or any paine or griefe eyther in the bones or ſinewes.

To make oyle of Camomile.

To make oyle of *Camomile*, take a quart of *Sallet oyle* and put it into a glaſſe, then take a handful of *Camomile* and bruiſe it, and put it into the oyle, and let them ſtand in the ſame twelue daies, onely you muſt ſhift it euery three dayes, that is to ſtraine it from the old *Camomile*, and put in as much of new, and that oile is very ſoueraine for any griefe proceeding from cold cauſes.

To

To make oyle of Lauender.

To make oyle of *Lauender*, take a pint of Sallet oyle and put it into a glaſſe, then put to it a handfull of *Lauender*, and let it ſtand in the ſame twelue dayes, and vſe it in all reſpects as you did your oyle of *cammomile*.

To make ſmooth hands.

To make an oyle which ſhall make the skinne of the hands very ſmooth, take *Almonds* and beate them to oyle, then take whole *cloues* and put them both together into a glaſſe, & ſet it in the Sunne fiue or ſixe dayes, then ſtrayne it, and with the ſame annoynt your hands euery night when you goe to bed, otherwiſe as you haue conuenient leaſure.

To make Dr. Stéuens water.

To make that ſoueraigne water which was firſt inuented by Doctor *Steuens*, in the ſame forme as he deliuered the Receite to the Arch-biſhop of *Canturbury*, a little before the death of the ſayd Doctor. Take a gallond of good Gaſcoyne wine, then take *Ginger*, *Galingale*, *cinamon*, *Nutmegs*, *Graines*, *cloues*, bruiſed, *Fennell-ſeeds* *carraway-ſeeds*, *Origanum*; of euery of them a like quantity, that is to ſay a dramme: Then take *Sage*, *wild Marioram*, *Peny-royall*, *Mints*, *red roſes*, *Time*, *Pellitory*, *roſemary*, *wild time*, *commomill*, *Lauender*, of each of them a handfull, then bray the ſpices ſmal, & bruiſe the hearbs & put all into the wine, and let it ſtand ſo twelue houres, only ſtirre it diuers times, then diſtill it by a Lymbecke, and keepe the firſt water by it ſelfe for that is the beſt, then keepe the ſecond water for that is good, & for the laſt neglect it not, for it is very wholeſome though the worſt of the three. Now for the vertue of this water it is this, it comforteth the ſpirits & vitall parts, & helpeth all inward diſeaſes that commeth of cold, it is good againſt the ſhaking of the palſie, & cureth the contraction of ſinews, & helpeth the conception of women that be barraine, it killeth the wormes in the body, it cureth the cold

cold Cough, it helpeth the tooth-ach, it comforteth the ſtomack, and cureth the old dropſy, it helpeth the ſtone in the bladder and in the reines, it helpeth a ſtinking breath: And whoſoeuer vſeth this water moderately & not too often, preſerueth him in good liking, and will make him ſeeme young in old age. With this water Doctor *Stenens* preſerued his owne life vntill ſuch extreame age, that he could neither goe nor ride, & he continued his life being bed-rid fiue yeeres, when other Phyſitions did iudge he could not liue one yeere, when he did confeſſe a little before his death, ſaying: that if he were ſicke at any time, he neuer vſed any thing but this water only; And alſo the Archbiſhop of *Canterbury* vſed it, and found ſuch goodnes in it that he liued till he was not able to drinke of a cup, but ſucked his drinke through a hollow pipe of ſiluer. This water will bee much the better if it be ſet in the Sunne.

A reſtoratiue of Roſaſolis.

To make a cordial *roſaſolis*, take *roſaſolis*, & in any wiſe touch not the leaues thereof in the gathering, nor waſh it, take thereof foure good handfu'ls, then take two good pints of *Aquauitæ*, and put them both in a glaſſe or pewter pot of three or foure pints, and then ſtop the ſame hard and iuſt, and ſo let it ſtand three dayes and three nights, and the third day ſtraine it through a clean cloth into another glaſſe or pewter pot, and put thereto halfe a pound of *Sugar* beaten ſmall, foure ounces of fine *Licoras* beaten into powder, halfe a pound of ſound Dates the ſtones being taken out, and cut them & make them cleane, and then mince them ſmall, and mixe all theſe togither and ſtop the glaſſe or pot cloſe & iuſt, and after diſtill it through a lymbecke, then drink of it at night to bedward halfe a ſpoonefull with ale or beere,

but

but Ale is the better, as much in the morning faſting for there is not the weakeſt body in the world that wanteth nature or ſtrength, or that is in a conſumption, but it will reſtore him againe, and cauſe him to be ſtrong & luſty, and to haue marualous hungry ſtomacke, prouided alwaies that this *roſaſolis* be gathered (as you poſſibly you can) at the full of the Moone when the Sun ſhineth before noone, and let the roots of them be cut away.

Additions, to the Oyles. To make oyle of Roſes or Violets.

Take the flowers of roſes or violets and breake them ſmall and put them into ſallet oyle, and let them ſtand in the ſame terme or twelue daies, and then preſſe it. Or otherwiſe take a quart of oyle *Olyue*, and put thereto Sixe ſpoonefuls of cleane water, and ſtirre it well with a ſlice, till it waxe as white as milke, then take two pound of red roſe leaues and cut the white of the ends of the leaues away, and put the roſes into the oyle, and then put it into a double glaſſe and ſet it in the Sunne all the ſummer time, and it is ſoueraine for any ſcalding or burning with water or oyle.

Or els take red roſes new plucked a pound or two, and cut the white ends of the leaues away, then take May Butter and melt it ouer the fire with two pound of oyle olyue, and when it is clarified put in your roſes and put it all in a veſſell of glaſſe or of earth, and ſtop it well about that no ayre enter in nor out, and ſet it in another veſſell with water and let it boyle halfe a day or more, and then take it forth and ſtraine or preſſe it through a cloth, and put it into glaſſe bottells, this is good for all manner of vnkind heates.

To make oyle of Nutmegges.

Take two or three pound of *Nutmegs* and cut them ſmall and bruiſe them well, then put them into a pan and beate them and ſtirre them about, which done, put them into a canuaſſe or ſtrong linnen bagge, and cloſe

them

them in a preſſe and preſſe them, and get out al the Lyquor of them which wil be like manna, then ſcrape it from the canuas bagge as much as you can with a knife, then put it into ſome veſſel of glaſſe and ſtoppe it wel, but ſet it not in the Sun for it wil waxe cleane of it ſelfe within ten or fifteene dayes, and it is woorth thrice ſo much as the Nutmegges themſelues, and the oyle hath very great vertue in comforting the ſtomack and inward parts, and aſſwaging the paine of the mother & Cyatica.

To make perfect oyle of Spike.

Take the flowers of *Spike*, and waſh them only in *oile oliue*, and then ſtamp them wel, then put them in a Canuaſſe bagge, and preſſe them in a preſſe as hard as you can, and take that which commeth out carefully, and put it into a ſtrong veſſel of glaſſe, and ſet it not in the Sun, for it wil cleare of it ſelfe, and waxe faire and bright, and wil haue a very ſharpe odor of the *Spike*; and thus you may make oyle of other hearbs of like nature, as *Lauender, camomile* and ſuch like.

To make oyle of Maſticke.

Take an ounce of *Maſtick*, and an ounce of *Olibanum* pounded as ſmal as is poſſible, and boyle them in oyle Oliue (a quart) to a third part, then preſſe it and put it into a glaſſe, and after ten or twelue dayes it wil be perfect: it is exceeding good for any cold griefe.

Thus hauing in a ſummary manner paſſed ouer al the moſt Phyſical and Chyrurgical notes which burtheneth the mind of our *Engliſh Houſe-wife*, being as much as is needful for the preſeruation of the health of her family: and hauing in this Chapter ſhewed al the inward vertues wherewith ſhe ſhould be adorned. I wil now returne vnto her more outward and actiue Knowledges, wherein albeit the mind be as much occupied as before: yet is the body a great deale more in vſe: neyther can the worke be wel affected by Rule or direction.

THE

# The Englishe Housewifes Skill in Cookery.

## Chap. 2.

*Of the outward and actiue Knowledge of the Housewife; and of her skill in Cookery; as Sallets of all sorts, with Flesh, Fish, Sauces, Pastry, Banquetting-stuffe and ordering of great feasts.*

TO speake then of the outward and actiue Knowledges which belong vnto our English Houf-wife, I hold the first and most principal to be a perfect skill and Knowledge in Cookery, together with al the secrets belonging to the same, because it is a duty rarely belonging to a woman; and she that is vtterly ignorant therein, may not by the Lawes of strict Iustice challenge the freedome of Marriage, because indeede she can then but performe halfe her vow; for shee may loue and obey, but she cannot cherish, serue, and keepe him with that true duty which is euer expected.

She must know all Hearbes.

To proceede then to this knowledg of Cookery, you shal vnderstand, that the first steppe thereunto is, to haue Knowledge of all sorts of hearbes belonging vnto the Kitchin, whether they be for the Pot, for Sallets, for Sauces, for Seruings, or for any other Seasoning, or adorning: which skill of Knowledge of the Hearbes, shee must get by her owne true labour and experience,

and not by my relation, would be much too tedious, & for the vſe of them, he ſhall ſee it in the compoſition of diſhes & meates hereafter following. She ſhal alſo know the time of the yeere, Moneth and Moone, in which all Hearbs are to be ſowne; and when they are in their beſt flouriſhing, that gathering all Hearbs in their height of goodneſſe, ſhee may haue the prime vſe of the ſame. And becauſe I will inable, and not burden her memory, I will here giue her a ſhort Epitomie of all that knowledge.

Her skill in the Garden.

Firſt then, let our Engliſh Houſ-wife know, that ſhe may at al times of the Moneth and Moone, generally ſow *Aſparagus, Colworts, Spinage, Lettice, Parſnips, Radiſh*, and *Chiues*.

In February, in the new of the Moone, ſhe may ſow *Spyke, Garlicke, Borage, Bugloſe, Cheruyle, Coriander, Gourds, Creſſes, Marioram, Palma Chriſti, Flower gentle, white Poppy, Purſlan, Radiſh, Rocket, Roſemary, Sorrell, Double Marigolds* and *Time*. The Moone full ſhee may ſow *Anniſſeeds* muſked, *Violets, Bleets, Skirrits, White Succory, Fennell*, and *Parſly*. The Moone old, ſow *Holy Thyſtell, Cole Cabadge, white Cole, greene Cole, Cucumbers, Harts-Horne, Diers Graine, Cabadge-Lettice, Mellons, Onions, Parſnips, Larkes Heele, Burnat* and *Leekes*.

In March the Moone new, ſow *Garicke, Borrage, Bugloſſe, Cheruile, Coriander, Gourds, Marioram, white Poppy, Purſlan, Radiſh, Sorrel, Double Marigolds, Time, Violets*. At the full Moone, *Aniſeeds, Bleets, Skirrets, Succory, Fennell, Apples of Loue*, and *Marueilous Apples*. At the wane; *artichocks, Baſil, Bleſſed Thiſtle, Cole cabadg, white cole, Greene cole, citrons, cucumbers, Harts-Horne, Samphire, Spinage, Gilliflowers, Iſop, cabadge, Lettice, Mellons, Mugrets, Onions, Flower Gentil, Burnet, Leeks*,

and

and *Savory*. In *May*, the Moone old, sow *blessed Thistle*. In *June*, the Moone new, sow *gourds* and *radishes*. The Moone old, sow *cucumbers*, *mellons*, *parsnips*. In *July*, the Moone at ful, sow *white Succory*; and the Moone old, sow *cabadge*, *lettice*. Lastly, in *August*, the Moone at the ful, sow white *Succory*.

Transplanting of Hearbes. Also she must know, that Hearbs growing of Seeds, may be transplanted at al times, except *chervile*, *Arage*, *Spinage*, and *Pseley*, which are not good being once transplanted, observing euer to transplant in moyste and rainy weather.

Choice of seeds Also she must know, that the choice of seeds are twofold, of which some grow best, being new, as *cucumbers* and *leekes*, and some being old as *corriander*, *parsley*, *savory*, *beets*, *origan*, *cresses*, *spinage* and *poppy*, you must keep cold: *lettice*, *artichokes*, *basil*, *holy thistle*, *cabadge*, *cole*, *Dyers graine*, and *mellons*, fifteene dayes after they put foorth of the earth.

Prosperity of seeds. Also Seedes prosper better being sowne in temperate weather, then in hot, cold, or dry dayes. In the moneth of *April*, the moone being new, sow *marioram flowergentle*, *time*, *violets*: in the ful of the moone, *apples of loue*, and *maruailous apples*: and in the wane, *artichokes*, *holy thistle*, *cabadge*, *cole*, *citrons*, *harts-horne*, *Samphire*, *gilliflowers*, and *parsnips*.

Gathering of seeds Seeds must be gathered in faire weather, at the wane of the moone, and kept some in Boxes of Wood, some in bagges of Leather, and some in vessels of earth, and after to be wel cleansed and dryed in the Sunne or shadow: Otherwhile, as *Onions*, *chibols*, and *Leekes*, must be kept in their huskes. Lastly, she must know, that it is best to plant in the last quarter of the moone; to gather grafts in the last but one, and to graft two dayes

after the change, and thus much for her knowledge briefly of Hearbs, and how he shall haue them continually for her vse in the Kitchin.

It resteth now that I proceede vnto Cookerie it selfe, which is the dressing and ordering of meate, in good and wholesome manner; to which, when our *Housewife* shall addresse her selfe, she shall well vnderstand, that these qualities must euer accompany it: First, shee must bee cleanly both in body and garments, shee must haue a quicke eye, a curious nose, a perfect taste, and ready eare (shee must not be b utter-fingred, sweete-toothed, not faint-hearted;) for, the first will let euery thing fall, the second will consume what it should increase, and the last will loose time with too much niceneſſe. Now for the substance of the Art it selfe, I will diuide it into fiue parts; the first, Sallats and Fricases; the second, boyled Meates and Broaths; the third, Roast meates, and Carbonados; the fourth, Bak't meates and Pies; and the fith, B nqueting and made dishes, with other conceites and secrets.

OF Cookery and the parts thereof.

First then to speake of Sallats, there be some simple, and some compounded; some onely to furnish out the table, and some both for vse and adornation: your simple Sallats are Chibols pilled, washt cleane, and halfe of the greene tops cut cleane away, so serued on a Fruit dish, or Chines, Scalions, Radish-roots, boyled Carrets, Skirrets, and Turneps, with such like serued vp simply: also, all young Lettice, Cabage-lettice, Porslan, and diuers other hearbs which may be serued simply without any thing, but a little Vinegar, Sallet-Oyle, and Sugar: Onions boyled, and stript from their rind, and serued vp with Vinegar,

Of Sallats. Simple Sallats.

oyle & Pepper is a good ſimple Sallat, ſo is Samphire, Beane-cods, Sparagus, and Cucumbers, ſerued in likewiſe with Oyle, Vinegar and Pepper, with a world of others, too tedious to nominate.

Of compound Sallets.

Your compound Sallats, are firſt the young Buds and Knots of all manner of wholeſome hearbs at their firſt ſpringing; as Red-ſage, Mints, Lettice, Violets, Marigolds, Spinage, and many other mixed together, and then ſerued vp to the table with Vinegar, Sallet Oyle and Sugar.

☞ Another compound Sallet.

To compound an excellent Sallat, and which indeed is vſuall at great feaſts, and vppon Princes tables: Take a good quantity of blancht Almonds, and with your ſhredding Knife cut them groſſely; then take as many Raiſins of the Sunne cleane waſht, and the ſtones pickt out, as many Figs ſhred like the Almonds, as many Capers, twice ſo many Olyues, and as many Currants as of all the reſt cleane waſht: a good handfull of the ſmall tender leaues of Red Sage and Spinage: mixe all theſe well together with good ſtore of Sugar, and lay them in the bottome of a great diſh; then put vnto them Vinegar and Oyle, and ſcrape more Sugar ouer all: then take Orenges and Lemons, and paring away the outward pilles, cut them into thinne ſlices, then with thoſe ſlices couer the Sallet all ouer; which done, take the fine thinne leafe of the red Coleflower, and with them couer the Orenges and Lemons all ouer; then ouer thoſe red leaues lay another courſe of old Oliues, and the ſlices of wel pickled Cucumbers, together with the very inward heart of your Cabbage lettice cut into ſlices; then adorne the ſides of the diſh, and the top of the Sallet with moſt ſlices of Lemons and Orenges, and ſo ſerue it vp.

To

To make an excellent compound boild Sallat: take of Spinage well waſht, two or three handfulls, and put it into faire water, and boile it till it be exceeding ſoft, & tender as pap; then put it into a Cullander and draine the water from it, which done, with the backſide of your Chopping-knife chop it, and bruiſe it as ſmall as may be: then put into a Pipkin with a good lumpe of ſweete butter, and boile it ouer againe; then take a good handfull of Currants cleane waſht, and put to it, & ſtirre them well together; then put to as much Vinegar as will make it reaſonable tart, and then with Sugar ſeaſon it according to the taſte of the Maſter of the houſe, and ſo ſerue it vppon ſippets. An excellent boiled Sallat.

Your preſerued Sallats are of two kinds, either pickled, as are Cucumbers, Samphire, Purſlan, Broome, and ſuch like, or preſerued with Vinegar; as Violets, Primroſe, Cowſlops, Gillyflowers of all kindes, Broome-flowers, and for the moſt part any wholeſome flower whatſoeuer. Of preſeruing of Sallets.

Now for the picking of Sallats, they are only boiled, and then drained from the water, ſpread vpon a table, and good ſtore of Salt throwne ouer them, then when they are thorow cold, make a Pickle with Water, Salt, and a little Vinegar, and with the ſame pot them vp in cloſe earthen pots, and ſerue them forth as occaſion ſhall ſerue.

Now for preſeruing Sallats, you ſhall take any of the Flowers before-ſayd after they haue beene pickt cleane from their ſtalkes, and the white ends (of them which haue any) cleane cut away, and waſht and dryed, and taking a glaſſe-pot like a Gally-pot, or for want thereof a Gally-pot it ſelfe; and firſt ſtrew a little Sugar in the bottome, then lay a layer of the Flowers,

then couer that layer ouer with Sugar, then lay another layer of the Flowers, and another of Sugar; and thus do one aboue another till the pot be filled, euer and anon preſſing them hard downe with your hand: this done, you ſhall take of the beſt and ſharpeſt Vinegar you can get (& if the vinegar be diſtilled vinegar, the Flowers will keepe their colours the better) and with it fill vp your pot till the Vinegar ſwim aloft, and no more can be receiued; then ſtop vp the pot cloſe, & ſet them in a dry temperate place, and vſe them at pleaſure, for they will laſt all the yeere.

The making of ſtrange Sallats

Now for the compounding of Sallats of theſe pickled and preſerued thinges, though they may be ſerued vp ſimply of themſelues, and are both good and daintie; yet for better curioſity, and the finer adorning of the table, you ſhall thus vſe them: Firſt, if you would ſet forth any red Flower that you know or haue ſeene, you ſhall take your pots of preſerued Gilliflowers, and ſuting the colours anſwerable to the Flower you ſhall proportion it forth, and lay the ſhape of the Flower in a Fruit-diſh; then with your Purſlan leaues make the greene Coffin of the Flower, and with the Purſlan ſtalkes, make the ſtalke of the Flower, and the diuiſions of the leaues and branches; then with the thinne ſlices of Cucumbers make their leaues in true proportions, iagged or otherwiſe: and thus you may ſet forth ſome full blowne, ſome halfe blowne, and ſome in the bud, which will be pretty and curious. And if you will ſet forth yellow flowers, take the pots of Primroſes and Cowſlops, if blew flowers, then the pots of Violets, or Bugloſſe Flowers, and theſe Sallats are both for ſhew and vſe; for they are more excellent for taſte then for to looke on.

Now

Now for *Sallets* for ſhew only, and the adorning and ſetting out of a table with numbers of diſhes, they be thoſe which are made of *Carret* rootes of ſundrye colours well boiled, and cut out into many ſhapes and proportions, as ſome into knots, ſome in the manner of Scutchions and Armes, ſome like Birds, and ſome like wild Beaſts, according to the Art and cunning of the Workman; and theſe for the moſt part are ſeaſoned with Vinegar, Oyle, and a little Pepper. A world of other Sallets there are, which time and experience may bring to our *Houſ-wifes* eye, but the compoſition of them, and the ſeruing of them differeth nothing from theſe already rehearſed. Sallats for ſhew onely.

OF

Now to proceed to your Fricaſes, or Quelque choſes, which are diſhes of many compoſitions, and ingredients; as Fleſh, Fiſh, Egges, Hearbs, and many other thinges, all being prepared and made ready in a frying pan, they are likewiſe of two ſorts, ſimple and compound. Fricaſes and Quelque choſes.

Your ſimple Fricaſes are Egges and Collops fried, whether the Collops be of Bacon, Ling, Beefe, or young Porke, the frying whereof is ſo ordinary, that it needeth not any relation, or the frying of any Fleſh or Fiſh ſimple of it ſelfe with Butter or ſweete Oyle. Of ſimple Fricaſes.

To haue the beſt Collops and Egges, you ſhall take the whiteſt and youngeſt Bacon; and cutting away the ſward, cut the Collops into thin ſlices, lay them in a diſh, and put hot water vnto them, and ſo let them ſtand an houre or two, for that will take away the extreame ſaltneſſe: then draine away the water cleane, and put them into a drie pewter diſh, and lay them one by one, and ſet them before the heate of the fire, ſo as they may roaſte and turne them ſo, Beſt Collops and Egges.

as they may toaſt ſufficiently thorow and thorow: which done, take your Egges and breake them into a diſh, and put a ſpooneful of vinegar vnto them: then ſet on a cleane Skillet with faire water on the fire, and as ſoone as the water boyleth put in the Egges, and let them take a boile or two, then with a ſpoone trie if they bee hard enough, and then take them vp, and trim them, and dry them; and then diſhing vp the Collops, lay the Egges vpon them, and ſo ſerue them vp: and in this ſort you may potch Egges when you pleaſe, for it is the beſt and moſt wholſome.

Of the compound fricaſes.

Now the compound Fricaſes are thoſe which conſiſt of many things, as Tanſies, Fritters, Pancakes, and any Quelque choſe whatſoeuer, beeing things of great requeſt and eſtimation in *France*, *Spaine*, and *Italy*, and the moſt curious Nations.

To make the beſt Tanſey.

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Firſt then for making the beſt Tanſey, you ſhal take a certaine number of egges, according to the bigneſſe of your Frying-pan, and breake them into a diſh, abating euer the white of euery third egge; then with a Spoone you ſhal cleanſe away the little white Chickin-knots which ſticke vnto the yolkes; then with a little Creame beate them exceedingly together; then take of greene Wheat blades, Violet leaues, Straw-berry leaues, *Spinage*, and *Succory*, of each a like quantity, and a few *Walnut tree* buds; choppe and beate all theſe very wel, and then ſtraine out the iuice, and mixing it with a little more Creame, put it to the egges, and ſtirre all wel together, then put in a few crummes of Bread, fine grated Bread, *Cynamon*, *Nutmegge*, and Salt, then put ſome ſweete Butter into the Frying-panne, and ſo ſoone as it is diſſolued or melted, put in the Tanſey, and frie it browne without burning, and with a diſh

turne

turne it in the Panne as occaſion ſhal ſerue; then ſerue it vp, hauing ſtrewed good ſtore of Suger vppon it, for to put in Suger before wil make it heauy: Some vſe to put of the hearbe Tanſey into it, but the *Walnut* tree buds do giue the better taſte or relliſh; and therefore when you pleaſe for to vſe the one, doe not vſe the other.

The beſt Fritters. To make the beſt Fritters, take a pint of Creame and warme it: then take eight egges, onely abate foure of the whites, and beate them wel in a Diſh, and ſo mixe them with the Creame, then put in a little Cloues, Mace Nutmegge and Saffron, and ſtirre them wel together: then put in two ſpoonful of the beſt Ale-barme, and a little Salt, and ſtirre it againe: then make it thicke according vnto your pleaſure with wheate flower: which done, ſet it within the aire of the fire, that it may riſe and ſwel, which when it doth, you ſhall beate it in once or twice, then put into it a penny pot of Sacke: al this being done, you ſhal take a pound or two of very ſweet ſeame, and put it into a panne, and ſet it ouer the fire, and when it is moulten and beginnes to bubble, you ſhal take the Fritter-batter, and ſetting it by you, put thick ſlices of wel-pared Apples into the Batter, and then taking the Apples and Batter out together with a ſpoone, put it into the boiling Seame, and boile your Fritters criſpe and browne: And when you finde the ſtrength of your ſeame conſume or decay, you ſhall renew it with more ſeame, and of all ſorts of ſeame, that which is made of the Beefe-ſuet is the beſt and ſtrongeſt: when your Fritters are made, ſtrow good ſtore of Suger and Cinamon vpon them, being faire diſht, and ſo ſerue them vp.

The beſt Pancakes. To make the beſt Pancake, take two or three egges,

and breake them into a diſh, and beate them well: then adde vnto them a pretty quantity of fair running water, and beate all well together: then put in Cloues, Mace, Cinamon, and Nutmeg, and ſeaſon it with Salt: which done, make it thicke as you thinke good with fine Wheate-flower: then frie the cakes as thinne as may be with ſweete Butter, or ſweete Seame, and make them browne, and ſo ſerue them vp with Sugar ſtrowed vpon them. There be ſome which mixe Pancakes with new Milke or Creame, but that makes them tough, cloying, and not criſpe, pleaſant and ſauory as running water.

Veale toaſts. To make the beſt Veale toſts; take the kidney fat, & all of a loyne of veale roſted, and ſhred as ſmall as is poſſible; then take a couple of Egges and beate them very well; which done, take Spinage, Succory, Violet-leaues, and Marigold-leaues, and beate them, and ſtraine out the iuyce, and mixe it with the Egges: then put it to your Veale, and ſtirre it exceedingly well in a diſh; then put to good ſtore of Currance cleane waſht and pickt, Cloues, Mace, Sinamon, Nutmegge, Sugar and Salt, and mixe them all perfectly well together: then take a Manchet and cut it into toſts, and toſt them well before the fire; then with a ſpoone lay vpon the toſt in a good thickneſſe the Veale, prepared as before-ſayd: which done, put into your frying pan good ſtore of ſweete Butter, and when it is well melted and very hot, put your toſtes into the ſame with the bread ſide vpward, and the fleſh ſide downeward: and aſſoone as you ſee they are fryed browne, lay vpon the vpper-ſide of the toſtes which are bare more of the fleſh meate, and then turne them, and frie that ſide browne alſo: then take them out of the pan and diſh them vp,

and

and ſtrow Sugar vpon them, and ſo ſerue them forth.

There be ſome Cookes which will do this but vpon one ſide of the toſtes, but to do it on both is much better; if you adde Creame it is not amiſſe.

To make the beſt Panperdy, take a dozen Egges, & breake them, and beate them very well, then put vnto them Cloues, Mace, Cinamon, Nutmeg, and good ſtore of Sugar, with as much Salt as ſhall ſeaſon it: then take a Manchet, and cut it into thicke ſlices like toſtes; which done, take your frying pan, and put into it good ſtore of ſweete Butter, and being melted lay in your ſlices of bread, then powre vpon them one halfe of your Egges; then when that is fryed, with a diſh turne your ſlices of bread vpward, and then powre on them the other halfe of your Egges, & ſo turne them till both ſides be browne; then diſh it vp, and ſerue it with Sugar ſtrowed vpon it. To make the beſt panperdy.

To make a Quelquechoſe, which is a mixture of many things together; take the Egges and breake them, & do away the one halfe of the Whites, and after they are beaten put them to a good quantity of ſweete Creame, Currants, Cinamon, Cloues, Mace, Salt, & a little Ginger, Spinage, Endiue, and Marigold flowers groſſely chopt, and beate them all very well together: then take Piggs Petitoes ſlic't, and groſſely chopt, and mixe them with the egges, and with your hand ſtirre them exceeding well together; then put ſweete butter in your frying pan, and being melted, put in all the reſt, and fry it browne without burning, euer and anon turning it till it be fryed enough; then diſh it vp vpon a flat Plate, and ſo ſerue it forth. Only herein is to be obſerued, that your Petitoes muſt be very well boyled before you put them into the Frycaſe. To make any quelquechoſe.

And

Additions, To the House-wifes Cookery.

And in this manner as you make this Quelquechoiſe, ſo you may make any other, whether it be of fleſh, ſmal Birds, ſweet roots, oyſters, muskles, cockles, giblets, lemons, Orenges, or any fruit, pulſe, or other Sallet herb whatſoeuer, of which to ſpeake ſeuerally were a labour infinite, becauſe they vary with mens opinions Only the compoſition and worke is no other then this before preſcribed; and who can do theſe, need no further inſtruction for the reſt. And thus much for *Sallets* and *Fricaſes*.

To make Fritters another way, take Flower, milke, Barme, grated Bread, ſmal Raiſins, Cinamon, Suger, Cloues, Mace, Pepper, Saffron, and Salt; ſtirre all theſe together very wel with a ſtrong ſpoone, or ſmal Ladle; then let it ſtand more then a quarter of an houre that it may riſe, then beate it in againe, and thus let it riſe & bebeate in, twice or thrice at leaſt; then take it and bake them in ſweete and ſtrong ſeame, as hath beene before ſhewed, and when they are ſerued vp to the table, ſee you ſtrow vpon them good ſtore of Suger, Cynamon, and Ginger.

To make Fritters.

Take a pint of the beſt, thickeſt and ſweeteſt creame, and boile it, then whileſt it is hot, put thereunto a good quantity of faire great Oate-meale Grotes very ſweete, and cleane pickt, and formerly ſteept in Milke twelue houres at leaſt, and let it ſoake in this Creame another night; then put thereto at leaſt eight yolkes of Egges, a little Pepper, Cloues Mace, Saffron, Currants, Dates, Suger, Salt, and great ſtore of Swines ſuet, or for want thereof, great ſtore of Beefe ſuet, and then fill it vp in the Farmes according vnto the order of good Houſe-wifery, and then boile them on a ſoft and gentle fire, and as they ſwel, pricke them with a great pin,

To make the beſt white Puddings.

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or

or ſmal Awle, to keepe them that they burſt not; and when you ſerue them to the Table (which muſt be not vntil they be a day old,) firſt, boile them a little, then take them out and toaſt them browne before the fire, & ſo ſerue them, trimming the edge of the diſh eyther with ſalt or Suger.

Puddings of a Hogs Liuer.

Take the Liuer of a fat Hogge, and parboile it, then ſhred it ſmal, and after beate it in a morter very fine; then mixe it with the thickeſt and ſweeteſt Creame, and ſtrayne it very wel through an ordinary ſtrainer, then put thereto ſix yolkes of egges, and two whites, and the grated crummes of neere-hand a penny white loafe, with good ſtore of *Currants*, *Dates*, *Cloues*, *Mace*, *Sugar*, *Saffron*, *Salt*, and the beſt *Swine* ſuet, or *Beefe* ſuet, but *Beefe* ſuet is the more wholſome, and leſſe looſning; then after it hath ſtood a while, fil it into the Farmes, & boile them, as before ſhewed: and when you ſerue them vnto the table, firſt, boile them a little, then lay them on a Gridyron ouer the coales, and broile them gently, but ſcorch them not, nor in any wiſe breake their skinnes, which is to be preuented by often turning and toſſing them on the Gridyron, and keeping a ſlow fire.

To make bread puddings.

Take the yolkes and Whites of a dozen or fourteene egges, and hauing beate them very wel, put vnto them the fine pouder of *Cloues*, *Mace*, *Nutmegges*, *Sugar*, *Cynamon*, *Saffron* and *Salt*; then take the quantity of two loaues of white grated Bread, *Dates* (very ſmal ſhred) and great ſtore of *Currants*, with good plenty eyther of *Sheepes*, *Hogges* or *Beefe* ſuet beaten and cut ſmal: then when all is mixt and ſtirred wel together, & hath ſtood a while to ſettle, then fil it into the Farmes as hath been before ſhewed, and in like manner boyle them,

them, cooke them, and ſerue them to the Table.

Rice Puddings. Take halfe a pound of Rice, and ſteepe it in new Milke a whole night, and in the morning draine it, and let the Milke drop away: then take a quart of the beſt, ſweeteſt and thickeſt Creame, and put the Rice into it, and boyle it a little; then ſet it to coole an houre or two, and after put in the Yolke, of halfe a dozen Egges, a little Pepper, Cloues, Mace, Currants, Dates, Sugar and Salt; and hauing mixt them well together, put in great ſtore of Beefe Suet well beaten, and ſmall ſhred, and ſo put it into the farmes, and boyle them as before ſhewed, and ſerue them after a day old.

Another of Liue: Take the beſt Hogges Liuer you can get, and boyle it extreamely till it bee as hard as a ſtone; then lay it to coole, and being cold, vpon a bread-grater grate it all to powder; then ſift it through a fine meale ſiue, and put to it the crummes of (at leaſt) two penny loaues of white bread, and boyle all in the thickeſt and ſweeteſt Creame you haue till it be very thick; then let it coole, and put it to the yolkes of halfe a dozen Egges, a little Pepper, Cloues, Mace, Currants, Dates ſmall ſhred, Cinamon, Ginger, a little Nutmeg, good ſtore of Sugar, a little Saffron, Salt, and of Beefe and Swines ſuet great plenty, then fill it into the Farmes, & boyle them as before ſhewed.

Puddings of a Calues Mugget. Take a Calues Mugget, cleane and ſweete dreſt, and boyle it well; then ſhred it as ſmall as is poſſible, then take of Strawberry leaues, of Endiue, Spinage, Succory, and Sarcell of each a pretty quantity, and chop them as ſmall as is poſſible, and then mixe them with the Mugget; then take the Yolkes of halfe a dozen Egges, and three Whites, and beate them into

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it alſo; and if you find it is too ſtiffe, then make it thinner with a little Creame warmed on the fire; then put in a little Pepper, Cloues, Mace, Cynamon, Ginger, Sugar, Currants, Dates and Salt, and worke all together, with caſting in little peyres of ſweet Butter one after an other, till it haue receiued good ſtore of Butter, then put it vp into the Calues bagge, Sheepes bagge or Hogs bagge, and then boyle it well, and ſo ſerue it vp.

A Blood Pudding.

Take the Blood of an Hogge whileſt it is warme, and ſteepe it in a quarte, or more, of great Oate meale-grotes, and at the ende of three dayes with your hands take the Groats out of the bloud, and draine them cleane; then put to thoſe Grotes more then a quart of the beſt creame warmd on the fire: then take mother of Time, Parſley, Spinnage, Succory, Endiue, Sorrell and Strawberry leaues, of each a few chopt exceeding ſmall, and mixe them with the Grotes; and alſo a little Fennell ſeede finely beaten: then adde a little Pepper, Cloues and Mace, Salt and great ſtore of ſuet finely ſhred, and well beaten: then therewith fill your Farmes, and boyle them, as hath beene before deſcribed.

Liſtes.

Take the largeſt of your chines of Porke, and that which is called a Liſte, and firſt with your knife cut the leane thereof into thinne ſlices, and then ſhred ſmall thoſe ſlices, and then ſpread it ouer the bottome of a diſh or wodden platter: then take the fatte of the chine and the Liſte, and cut it in the very ſelfe ſame manner, and ſpread it vpon the leane, and then cut more leane, and ſpread it vppon the fatte, and thus doe one leane vpon another, till all the Porke be ſhred, obſeruing to beginne and ende with the leane: then with your ſharpe knife ſcorch it through

through and through diuers wayes, and mixe it all well together: then take good ſtore of Sage, and ſhred it exceeding ſmall, and mixe it with the fleſh, then giue it a good ſeaſon of Pepper and Salt; then take the farmes made as long as is poſſible, and not cut in pieces as for Puddings, and firſt blow them well to make the meate ſlip, and then fill them: which done, with threads deuide them into ſeuerall linkes as you pleaſe, then hang them vp in the corner of ſome Chimney cleane kept, where they may take ayre of the fire, and let them drie there at leaſt foure dayes before any bee eaten; and when they are ſerued vp, let them bee either fried or broyled on the Gridyron, or elſe roaſted about a Capon.

OF Boyld meates ordinary.

It reſteth now that we ſpeake of boild meates and broths, which for aſmuch as our Houſ-wife is intended to be generall, one that can as well feed the poore as the rich, we will firſt begin with thoſe ordinary wholeſom boyld meates, which are of vſe in euery good mans houſe: therefore to make the beſt ordinary Pottage, you ſhall take a racke of Mutton cut into pieces, or a leg of Mutton cut into pieces; for this meate and theſe ioynts are the beſt, although any other ioynt, or any freſh Beefe will likewiſe make good Pottage: and hauing waſht your meate well, put it into a cleane pot with faire water, & ſet it on the fire; then take *Violet* leaues, *Succory*, *Strawberry* leaues, *Spinage*, *Langdebeefe*, *Marigold* flowers, *Scallions*, and a little *Parſly*, and chop them very ſmall together, then take halfe ſo much oatmeale well beaten as there is Hearbs, and mixe it with the Hearbs, and chop all very well together: then when the pot is ready to boyle, skum it very well, and then put in your hearbs, and ſo let it boyle with a quicke fire,

fire, ſtirring the meate oft in the pot, till the meate be boyld enough, and that the hearbs and water are mixt together without any ſeparation, which will be after the conſumption of more then a third part: Then ſeaſon them with Salt, and ſerue them vp with the meate either with Sippets or without.

Some deſire to haue their Pottage geene, yet no hearbs to be ſeen in this caſe: you muſt take your herbs and Oat-meale, and after it is chopt, put it into a ſtone Morter, or Bowle, and with a wooden peſtell beate it exceedingly; then with ſome of the warme liquor in the pot ſtrayne it as hard as may be, and ſo put it in and boyle it. Pottage without ſight of hearbs.

Others deſire to haue Pottage without any hearbs at all, and then you muſt only take Oat-meale beaten, and good ſtore of Onions, and put them in, and boyle them together; and thus doing you muſt take a greater quantity of Oat-meale then before. Pottage without hearbs.

If you will make Pottage of the beſt and daintieſt kind, you ſhall take Mutton, Veale or Kidde, & hauing broke the bones, but not cut the fleſh in pieces, and waſh it, put it into a pot with faire water, after it is ready to boyle, and is throughly skumd, you ſhall put in a good handfull or two of ſmall Ota-meale: and then take whole lettice of the beſt and moſt inwatd leaues, whole ſpinage, endiue, ſuccory, and whole leaues of colaflower, or the inward partes of white cabage, with two or three ſlic't Onions; and put all into the pot and boyle them well together till the meate bee enough, and the hearbes ſo ſoft as may bee, and ſtirre them oft well toget er; and then ſeaſon it with ſalt and as much verjuyce as will onely turne the taſt of the pottage; and ſo ſerue them vp, couering the meate with the whole Pottage with whole hearbs.

whole hearbes, and adorning the diſh with ſippets.

To make ordinary ſtewd broth.

To make ordinary ſtewd broth, you ſhall take a necke of veale, or a leg, or mary-bones of beefe, or a pullet, or mutton, and after the meate is waſht, put it into a pot with faire water, and being ready to boyle, skumme it well: then you ſhall take a couple of manchets, and paring away the cruſt, cut it into thicke ſlices, and lay them in a diſh, and couer them with hot broth out of the pot: when they are ſteept, put them and ſome of the broth into a ſtrainer, and ſtraine it, and then put it into the pot: then take halfe a pound of Prunes, halfe a pound of Raiſins, and a quarter of a pound of Currants cleane pickt and waſht, with a little whole Mace, and two or three bruiſed cloues, and put them into the pot, and ſtirre all well together, and ſo let them boyle till the meate be enough, then if you will alter the colour of the broth, put in a little Turneſole, or red Saunders, and ſo ſerue it vpon ſippits, and the fruite vppermoſt.

A fine boyld meate.

To make an excellent boyled meate: take foure peeces of a racke of mutton, and waſh them cleane, and put them into a pot well ſcowred with faire water: then take a good quantity of Wine and Veriuyce and put into it: then ſlice a handfull of Onions and put them in alſo, and ſo let them boyle a good while, then take a peece of ſweete butter with ginger and ſalt and put it to alſo, and then make the broth thicke with grated bread, and ſo ſerue it vp with ſippets.

To boyle a Mallard.

To boyle a *Mallard* curiouſly, take the *Mallard* when it is faire dreſſed, waſhed and truſt, and put it on a ſpit and roſt it till you can get the grauy out of it: then take it from the ſpit and boyle it, then take the beſt of the broth into a Pipkin, and the grauy which you

you saued, with a peece of sweete butter and Currants, Vinegar, Sugar, Pepper and grated bread: Thus boyle all these together, and when the Mallard is boyled sufficiently, lay it on a dish with sippets, and the broth vpon it, and so serue it foorth.

To make an excellent *Olepotrige*, which is the onely principall dish of boild meate which is esteemed in all *Spaine*, you shall take a very large vessell, pot or kettell, and filling it with water, you shall set it on the fire, and first put in good thicke gobbets of well fed Beefe, and being ready to boyle, skumme your pot; when the Beefe is halfe boyled, you shall put in Potato-rootes, Turneps, and Skirrets: also like gobbets of the best Mutton, and the best Porke; after they haue boyled a while, you shall put in the like gobbets of Venison, red, and Fallow, if you haue them; then the like gobbets of Veale, Kidde, and Lambe; a little space after these, the foreparts of a fat Pigge, and a crambd Puller; then put in Spinage, Endiue, Succory, Marigold leaues and flowers, Lettice, Violet leaues, Strawberry leaues, Bugloss and Scallions, all whole and vnchopt; then when they haue boyled a while, put in a Partridge and a Chicken chopt in peeces, with Quailes, Railes, Blackbirds, Larkes, Sparrowes and other small birds, all being well and tenderly boiled, season vp the broth with good store of Sugar, Cloues, Mace, Cinamon, Ginger and Nutmegge mixt together in a good quantity of Verjuyce and salt, and so stirre vp the pot well from the bottome, then dish it vp vpon great Chargers, or long Spanish dishes made in the fashion of our English wooden trayes, with good store of sippets in the bottome; then couer the meate all ouer with Prunes, Raisins, Currants, and blaunch't Almonds,

To make an excellent Olepotrige.

Almonds, boyled in a thing by themſelues; then couer the fruit and the whole boiled hearbs, and the herbs with ſlices of Orenges and Lemmons, and lay the rootes round about the ſides of the diſh, and ſtrew good ſtore of Sugar ouer all, and ſo ſerue it foorth

To make the beſt white broth.

To make the beſt white broth, whether it be with Veale, Capon, Chickins, or any other Fowle or Fiſh; Firſt boile the fleſh or fiſh by it ſelfe, then take the value of a quart of ſtrong mutton broth, or fat Kidde broth, and put it into a pipkin by it ſelfe, and put into it a bunch of Time, Morierome, Spinage and Endiue bound together; then when it ſeeths put in a pretty quantity of Beefe marrow, and the marrow of Mutton, with ſome whole Mace and a few bruiſed Cloues; then put in a pint of White-wine with a few whole ſlices of Ginger; after theſe haue boyled a while together, take blaunch't Almonds, and hauing beaten them together in a morter with ſome of the broth, ſtraine them and put it in alſo; then in another pipkin boile Currants, Prunes, Raiſins, and whole Cinamon in veriuice and Sugar, with a few ſliced Dates; and boile them till the veriuice bee moſt part conſumed, or at leaſt come to a ſyrrup; then draine the fruit from the ſirrup, and if you ſee it be high coloured; make it white with ſweete creame warmed, and ſo mixe it with your wine broth; then take out the Capon or the other Fleſh or Fiſh, and diſh it vp drie in a diſh; then powre the broth vpon it, and lay the fruite on the top of the meate, and adorne the ſide of the diſh with very dainty ſippets; firſt *Orenges*, *Lemmons*, and *Sugar*, and ſo ſerue it foorth to the table.

To

To boile any wild *Fowle*, as *Mallard*, *Teale*, *Widgeon*, or such like: First boile the Fowle by it selfe, then take a quart of strong *Mutton*-broth, and put it into a pipkin, and boile it; then put into it good store of sliced *Onions*, a bunch of sweete pot-herbs, and a lump of sweete butter; after it hath boiled well, season it with verjuice, salt and sugar, and a little whole Pepper, which done, take vp your Fowle and breake it vp according to the fashion of carving, and stick a few *Cloues* about it; then put it into the broth with *Onions*, and there let it take a boyle or two, and so serue it and the broth foorth vpon sippets, some vse to thicken it with toasts of bread steept and strained, but that is as please the Cooke. To boile any wilde Fowle.

To boile a legge of *Mutton*, or any other ioynt of meate whatsoeuer; first after you haue washt it cleane, parboile it a little, then spit it and giue it halfe a dozen turnes before the fire, then draw it when it beginnes to drop, and presse it betweene two dishes, and saue the grauy, then slash it with your knife, and giue it halfe a dozen turnes more, and then presse it againe, and thus doe as often as you can force any moisture to come from it, then mixing *Mutton*-broth, White-wine, and Verjuice together, boyle the *Mutton* therein till it bee tender, and that most part of the liquor is cleane consumed; then hauing all that while kept the grauy you tooke from the *Mutton*, stewing gently vppon a Chaffing-dish and coales, you shall adde vnto it good store of salt; sugar, cinamon and ginger, with some Lemmon slices, and a little of an Orenge pill, with a few fine white-bread crums: then taking vp the *Mutton*, put the remainder of the broth in, and put in likewise the grauie, To boile a Leg of Mutton.

and then ſerue it vp with ſippets, laying the *Lemmon* ſlices vppermoſt, and trimming the diſh about with *Sugar*.

An excellent way to boyle Chickens.

If you will boile *Chickens*, young *Turkies*, *Pea-hens*, or any houſe fowle daintily, you ſhall after you haue trimmed them, drawne them, truſt them, and waſht them, fill their bellies as full of *Parſly* as they can ho'd; then boyle them with ſalt and water onely till they bee enough: then take a diſh and put into it verjuice, and *Butter*, and *Salt*, and when the *Butter* is melted, take the *Parſly* out of the *Chickens* bellies, and mince it very ſmall, and put it to the verjuice and *Butter*, and ſtirre it well together; then lay in the *Chickens*, and trimme the diſh with ſippets, and ſo ſerue it foorth.

A broth for any freſh fiſh.

If you will make broth for any freſh fiſh whatſoeuer, whether it be Pike, Breame, Carpe, Eele, Barbell or ſuch like: you ſhall boile water, verjuice and *Salt* together with a handfull of ſliced *Onions*; then you ſhall thicken it with two or three ſpoonefull of Ale-berme; then put in a good quantity of whole *Barberies*, both branches and other, as alſo pretty ſtore of *Currants*: then when it is boild enough, diſh vp your *Fiſh*, and powre your broth vnto it, laying the fruite and *Onions* vppermoſt. Some to this broth, will put *Prunes*, and *Dates* ſlic't, but it is according to the fancy of the Cooke, or the will of the Houſe-holder.

Thus I haue from theſe few preſidents ſhewed you the true Art and making of all ſorts of boild-meates, and broths; and though men may coine ſtrange names, and faine ſtrange Art, yet be aſſured ſhe that can doe theſe, may make any other whatſoeuer; altering the taſte by the alteration of the compounds as ſhee ſhall ſee occaſion

occasion: And when a broth is too sweete, to sharpen it with veriuyce, when too tart, to sweeten it with sugar: when flat and wallowish, to quicken it with Orenges and Lemmons; and when too bitter, to make it pleasant with hearbes and spices.

Additions, To boyle meates. A Mallard or a Hare, or olde Cony.

Take a Mallard when it is cleane dressed, washed and trust, and parboyle it in water till it be skumd and purified: then take it vp, and put it into a Pipkin with the necke downeward, and the tayle vpward, standing as it were vpright: then fill the Pipkin halfe full with that water, in which the Mallard was parboyld, and fill vp the other halfe with White Wine: then pill and slice thin a good quantite of Onyons, and put them in with whole fine hearbes, according to the time of the yeare, as Lettice, Strawberry-leaues, Violet-leaues, Vine-leaues, Spinage, Endiue, Succory, and such like, which haue no bitter or hard taste, and a pretty quantity of Currants and Dates sliced: then couer it close, and set it on a gentle fire, and let it stew, and smoare till the Hearbs and Onyons be soft, and the Mallard inough: then take out the Mallard, and carue it as it were to goe to the Table; then to the Broth put a good lumpe of Butter, Sugar, Cinamon, and if it be in summer, so many Goose-berries as will giue it a sharpe taste, but in the winter as much wine Vinegar, then heate it on the fire, and stirre all well together: then lay the Mallard in a dish with sippets, and powre all this broth vpon it, then trim the edge of the dish with Sugar, and so serue it vp. And in this manner you may also smoare the hinder parts of a Hare, or a whole olde Cony, being trust vp close together.

To stew a pike.

After your Pike is dresst and opend in the backe, and layd flat, as if it were to fry, then lay it in a large dish

for the purpose, able to receiue it; then put as much White Wine to it as will couer it all ouer; then set it on a chaffin dish and coales to boyle very gently, and if any skum arise, take it away; then put to it Currants, Sugar, Cynamon, Barbery-berries, and as many Prunes as will serue to garnish the dish; then couer it close with another dish, and let it stew till the fruit be soft, and the Pike enough; then put to it a good lumpe of sweet Butter; then with a fine skummer take vp the fish and lay it in a cleane dish with Sippets; then take a couple of yolks of egges, the filme taken away, and beate them well together with a spoonefull or two of Creame, and assoone as the Pike is taken out, put it into the broth, and stirre it exceedingly to keepe it from curding; then powre the broth vpon the Pike, and trim the sides of the dish with Sugar, Prunes, and Barberies, slices of Orenges or Lemmons, and so serue it vp. And thus may you also stew Rochets, Gurnets, or almost any sea-fish, or fresh-fish.

To stew a Lambes head & Purtenance.

Take a Lambs-head and Purtenance cleane washt & pickt and put it into a Pipkin with faire water, and let it boile and skumme it cleane; then put in *Currants* and a few sliced Dates, and a bunch of the best sercing hearbs tyed vp together, and so let it boyle well till the meate be enough: then take vp the Lambes head and purtenance, and put it into a cleane dish with Sippets; then put in a good lumpe of Butter, and beate the yolkes of two Egges with a little Creame, and put it to the broth with Sugar, Cynamon, and a spoonefull or two of Verdiuyce, and whole Mace, and as many Prunes as will garnish the dish, which should be put in when it is but halfe boyld; and so powre it vpon the Lambes-head and Purtenance, and adorne the sides of the

dish

dish with Sugar, Prunes, Barberries, Orenges, and Lemons, and in no case forget not to season well with Salt, and so serue it vp.

A Breſt of Mutton ſtewd.

Take a very good breast of Mutton chopt into sundry large pieces, and when it is cleane waſht, put it into a pipkin with faire water, and set it on the fire to boyle; then skum it very well, then put in of the fineſt Parſneps cut into large pieces as long as ones hand, and cleane waſht and ſcrapt; then good ſtore of the beſt onions, & all manner of ſweet pleaſant Pot-hearbs and *lettice*, all groſſely chopt, and good ſtore of *peper & ſalt*, and then couer it, and let it ſtew till the Mutton be enough; then takt vp the Mutton, and lay it in a cleane diſh with Sippets, and to the broath put a little Wine-vinegar, and ſo powre it on the Mutton with the Parſneps whole, and adorne the ſides of the diſh with Sugar, and ſo ſerue it vp: and as you doe with the Breſt, ſo you may doe with any other Ioynt of Mutton.

To ſtew a Neats foote.

Take a Neates foot that is very well boyld (for the tenderer it is, the better it is) & cleaue it in two, and with a cleane cloth dry it well from the Souſ drinke; then lay it in a deepe earthen platter, and couer it with Verduyce; then ſet it on a chaffing-diſh and coales, and put to it a few Currants, and as many Prunes as will garniſh the diſh; then couer it, and let it boile well, many times ſtirring it vp with your knife, for feare it ſticke to the bottome of the diſh; then when it is ſufficiently ſtewed, which will appeare by the tenderneſſe of the meate and ſoftneſſe of the fruite; then put in a good lumpe of Butter, great ſtore of Sugar and Sinamon, and let it boile a little after: then put it altogether into a cleane diſh with Sippets, and adorne the ſides of the diſh with Sugar and Prunes, and ſo ſerue it vp.

OF Roast-meates.

To proceede then to roast meates, it is to be vnderstood, that in the generall knowledge thereof are to be obserued these few rules. First, the cleanely keeping & scowring of the spits and cobirons; next, the neate picking and washing of meate before it be spitted, then the spitting and broaching of meate which must bee done so strongly and firmely, that the meate may by no meanes either shrinke from the spit, or else turne about the spit: and yet euer to obserue, that the spit doe not goe through any principall part of the meate, but such as is of least account and estimation: and if it be birds or fowle which you spit, then to let the spit goe through the hollow of the body of the Fowle, and so fasten it with prickes or skewers vnder the wings about the thighes of the Fowle, and at the feete or rumpe, according to your manner of trussing and dressing them.

Obseruations in roast meats.

Spitting of roast-meates.

Temperature of fire.

Then to know the temperatures of fires for euery meate, and which must haue a slow fire, yet a good one, taking leasure in roasting, as Chines of Beefe, *Swannes*, *Turkies*, *Peacocks*, *Bustards*, and generally any great large Fowle, or any other ioynts of Mutton, Veale, Porke, Kidde, Lambe, or such like: whether it be Venison red, or Fallow, which indeed would lie long at the fire and soake well in the roasting, and which would haue a quick and sharpe fire without scorching; as *Pigs*, *Pullets*, *Pheasants*, *Partridge*, *Quaile*, and all sorts of middle sized or lesser fowle, and all small birds, or compound roast meates, as *Oliues*, of Veale, Haslets, a pound of butter roasted, or puddings simple of themselues, and many other such like, which indeed would be suddenly and quickely dispatcht, because it is intended in Cookery, that one of these dishes must be made ready

ready whilſt the other is in eating. Then to knowe the complexions of meates, as which muſt bee pale and white roaſtd (yet thoroughly roaſted) as Mutton, Veale, Lambe, Kid, *Capon, Pullet, Pheaſant, Partridge, Quaile,* and all ſorts of middle and ſmall land, or water fowle, and all ſmall birds, and which muſt be browne roaſted, as Beefe, veniſon, Porke, Swanne, Goeſe, Pigges, Crane, Buſtards, and any large fowle, or other thing whoſe fleſh is blacke. The complexions of meate.

Then to know the beſt baſtings for meate, which is ſweete butter, ſweete oyle, barreld butter, or fine rendred vp ſeame with *Cinamon, Cloues,* and *Mace*. There be ſome that will baſt onely with water, and ſalt, and nothing elſe; yet it is but opinion, and that muſt be the worlds Maſter alwaies. The beſt baſtings of meats.

Then the beſt dredging, which is either fine white-bread crums, well grated, or els a little very fine white meale, and the crummes very well mixt together. The beſt dredging.

Laſtly to know when meate is roaſted enough; for as too much rawnes is vnholſome, ſo too much drineſſe is not nouriſhing. Therefore to know when it is in the perfect height, and is neither too moiſt nor too dry, you ſhall obſerue theſe ſignes firſt in your large ioynts of meate, when the ſtemme or ſmoake of the meate aſcendeth, either vpright or els goeth from the fire, when it beginneth a little to ſhrinke from the ſpit, or when the grauy which droppeth from it is cleare without bloodineſſe then is the meate enough. To know when meate is enough.

If it be a Pigge when the eyes are fallen out, and the body leaueth piping: for the firſt is when it is halfe roſted, and would be ſinged to make the coat riſe and crackle, and the latter when it is fully enough and would bee drawne: or if it bee any kinde of Fowle

you

you roſt, when the thighes are tender, or the hinder parts of the pinions at the ſetting on of the wings, are without blood: then bee ſure that your meate is fully enough roaſted: yet for a better and more certaine aſſuredneſſe, you may thruſt your knife into the thickeſt parts of the meate, and draw it out againe, and if it bring out white grauy without any bloodineſſe, then aſſuredly it is enough, and may bee drawne with all ſpeed conuenient, after it hath beene well baſted with butter not formerly melted, then dredged as aforeſaid, then baſted ouer the dredging, and ſo ſuffered to take two or three turnes, to make criſpe the dredging: Then diſh it in a faire diſh with ſalt ſprinckled ouer it, and ſo ſerue it forth. Thus you ſee the generall forme of roaſting all kind of meate: Therefore now I will returne to ſome particular diſhes, together with their ſeuerall ſawces.

Roaſting Mutton with Oyſters.

If you will roaſt Mutton with Oyſters, take a ſhoulder alone, or a legge, and after it is waſht, barboyle it a little: then take the greateſt Oyſters, and hauing opened them into a diſh, draine the grauy cleane from them twice or thrice, then parboyle them a little: Then take Spinage, Endiue, Succory, Strawberry leaues, Violet leaues, and a little Parſley, with ſome Scallions: chop theſe very ſmall together: Then take your Oyſters very dry, drain'd, and mixe them with an halfe part of theſe hearbes: Then take your meate, and with theſe Oyſters and hearbes farce or ſtop it, leauing no place empty, then ſpit it and roaſt it, and whilſt it is in roaſting, take good ſtore of Verinice and Butter, and a little ſalt, and ſet it in a diſh on a chaffing-diſh and coales: and when it beginnes to boyle, put in the remainder of your hearbes without Oyſters, and a good quantity

quantity of Currants, with *Cinamon*, and the yelke of a couple of egges: And after they are well boyled and ſtirred together, ſeaſon it vp according to taſte with ſugar: then put in a few Lemmon ſlices, the meate being inough, draw it, and lay it vpon this ſawce remoued into a cleane diſh, the edge thereof being trimmed about with ſugar, and ſo ſerue it forth.

To roaſt a legge of Mutton after an out-landiſh faſhion, you ſhall take it after it is waſht, and cut off all the fleſh from the bone, leauing onely the outmoſt skinne entirely whole and faſt to the bone; then take thicke creame and the Yelkes of Egges, and beate them exceedingly well together; then put to *Cinamon*, *Mace*, and a little Nutmegge, with *Salt*, then take bread-crummes finely grated and ſearſt with good ſtore of Currants, and as you mixe them with the Creame, put in ſugar, and ſo make it into a good ſtiffnes: Now if you would haue it looke greene, put in the iuyce of ſweete hearbs, as *Spinage*, *violet* leaues, Endiue, &c. If you would haue it yellow, then put in a little Safforn ſtrayned, and with this fill vp the skin of your legge of Mutton in the ſame ſhape and forme that it was before, and ſticke the out ſide of the skin thicke with Cloues, and ſo roaſt it thorowly and baſte it very well, then after it is dredg'd ſerue it vp as a legge of Mutton with this pudding, for indeede it is no other: you may ſtop any other ioynt of meate, as breaſt or loine, or the belly of any Fowle boiled or roaſt, or rabbet, or any meate elſe which hath skinne or emptineſſe. If into this pudding alſo you beate the inward pith of an Oxes backe, it is both good in taſte, and excellent ſoueraigne for any diſeaſe, ach or fluxe in the raynes whatſoeuer.

To roaſt a legg of Mutton otherwiſe.

To

To roast a Gigget of mutton.

To roast a Gigget of Mutton, which is the legge splatted, and halfe part of the loine together, you shall after it is washt, stop it with Cloues, so spit it, and lay it to the fire, and tend it well with basting: Then you shall take vinegar, butter and currants, and set them on the fire in a dish or pipkin; then when it boyles, you shall put in sweete hearbes finely chopt, with the yelke of a couple of egges, and so let them boyle together: then the meate being halfe roasted, you shall pare off some part of the leaneſt and browneſt, then shred it very small and put it into the pipkin also: then season it vp with Sugar, Cynamon, Ginger, and Salt, and so put it into a cleane dish: Then drawe the Gigget of Mutton and lay it on the sauce, and throw salt on the top, and so serue it vp.

To roast Oliues of Veale.

You shall take a Legge of Veale, and cut the flesh from the bones, and cut it out into thin long slices; then take sweete hearbes, and the white parts of scallions, and chop them well together with the yelkes of egges, then rowle it vp within the slices of veale, and so spit them, and roast them: then boyle veriuice, butter, sugar, cynamon, currants and sweete hearbes together, and being seasoned with a little salt, serue the Oliues vp vpon that sauce with salt, cast ouer them.

To roast a pig.

To roast a Pigge curiously, you shall not scald it, but draw it with the haire on, then hauing washt it, spit it and lay it to the fire so as it may not scorch, then being a quarter roasted, and the skinne blistered from the flesh, with your hand pull away the haire and skin, and leaue all the fat and flesh perfectly bare: then with your knife scorch all the flesh downe to the bones, then baste it exceedingly with sweete butter and creame, being no more but warme: then dredge it with

fine

fine bread crummes, currants, sugar and salt mixt toge-
ther, and thus apply dredging, vpon basting, and ba-
sting vpon dredging, till you haue couered all the flesh
a full inch deepe: Then the meate being fully roasted,
draw it, and serue it vp whole.

To roast a pound of Butter curiously and well, you shall take a pound of sweete Butter and beate it stiffe with Sugar, and the yolkes of egges, then clap it roundwise about a spit, and lay it before a soft fire, and presently dredge it with the dredging before appointed for the Pigge: then as it warmeth or melteth, so apply it with dredging till the butter be ouercomed and no more will melt to fall from it, then roast it browne, and so draw it, and serue it out, the dish being as neatly trim'd with sugar as may be. To roast a pound of butter well

To roast a pudding vpon a spit, you shall mixe the pudding before spoken of in the legge of Mutton, neither omitting hearbes, nor saffron, and put to a little sweete butter and mixe it very stiffe: then fold it about the spit, and haue ready in another dish some of the same mixture well seasoned, but a great deale thinner, and no butter at all in it, and when the pudding doth beginne to roast, and that the butter appeares, then with a spoone couer it all ouer with the thinner mixture, and so let it roast: then if you see no more butter appeare, then baste it as you did the Pigge, and lay more of the mixture on, and so continue till all be spent: And then roast it browne, and so serue it vp. To roast a pudding on a spit,

If you will roast a chine of Beefe, a loyne of Mutton, a Capon, and a Larke, all at one instant, and at one fire, and haue all ready together and none burnt: you shall first take your chine of Beefe and parboyle it more then halfe through: Then first take your Capon, beeing To roast a chine of Beefe, Loyne of Mutton, Larke, and Capon at one fire, and at one instant.

large

large and fat, and ſpit it next the hand of the turner, with the legges from the fire, then ſpit the chine of Beefe, then the Larke, and laſtly the loyne of Mutton, and place the Larke ſo as it may be couered ouer with the Beefe, and the fat part of the loyne of Mutton, without any part diſcloſed: Then baſte your Capon, and your loyne of Mutton with cold water and ſalt, the chine of Beefe with boyling Larde: Then when you ſee the beefe is almoſt enough, which you ſhall haſten by ſchotching and opening of it: then with a cleane cloth you ſhall wipe the Mutton and Capon all ouer, and then baſte it with ſweete butter till all be enough roaſted: then with your knife lay the Larke open which by this time will be ſtewed betweene the Beefe and Mutton, and baſting it alſo with dredge all together, draw them and ſerue them vp.

To roaſt Veniſon.

If you will roaſt any Veniſon, after you haue waſht it, and cleanſed all the blood from it, you ſhall ſticke it with cloues all ouer on the out ſide; and if it be leane, you ſhall larde it either with mutton-larde, or porke-larde, but mutton is the beſt: then ſpit it and roaſt it by a ſoaking fire, then take Vinegar, bread-crummes, and ſome of the grauy, which comes from the veniſon, and boyle them well in a diſh: then ſeaſon it with ſugar, cinamon, ginger and ſalt, and ſerue the veniſon foorth vpon the ſauce when it is roaſted enough.

How to roaſt freſh Sturgeon

If you will roaſt a peece of freſh Sturgeon, which is a dainty diſh, you ſhall ſtop it with cloues, then ſpit it, and let it roaſt at great leaſure, plying it continually with baſting, which will take away the hardneſſe: then when it is enough, you ſhall draw it, and ſerue it vpon veniſon ſauce with ſalt onely throwne vpon it.

The roasting of all sorts of meates, differeth nothing but in the fires, speede and leasure as is aforesayd, except these compound dishes, of which I haue giuen you sufficient presidents, and by them you may performe any worke whatsoeuer: but for the ordering, preparing and trussing your meates for the spit or table, in that there is much difference: for in all ioynts of meate except a shoulder of Mutton, you shall crush and breake the bones well, from Pigges and Rabbets you shall cut off the feete before you spit them, and the heads when you serue them to the table, and the Pigge you shall chine, and diuide into two parts: Capons, Pheasants, Chickens and Turkies you shall roast with the Pinions foulded vp, and the legges extended; Hennes, Stockdoues and House-doues, you shall roast with the pinions foulded vp, and the legges cut off by the knees, and thrust into the bodies: Quailes, Partridges, and all sorts of small birds shall haue their pinions cut away, and the legges extended: all sorts of Waterfowle shall haue their pinions cut away, and their legges turned backward: Wood-cockes, Snipes and Stints shall be roasted with their heads and neckes on, and their legges thrust into their bodies, and Shouelers and Bitterns shall haue no neckes but their heads onely. Ordering of meates to be roasted.

Take a Cowes vdder, and first boyle it well: then sticke it thicke all ouer with Cloues. then when it is cold, spit it, and lay it to the fire, and apply it very well with basting of sweete Butter, and when it is sufficiently roasted, and browne, then dredge it, and draw it from the fire, take vinegar and butter, and put it on a Chaffing-dish and coales, and boyle it with White-bread crummes, till it be thick, then put to it good store of To roast a Cowes Vdder.

of Sugar and Cynamon, and putting it in a cleane dish, lay the Cowes Vdder therein, and trimme the sides of the dish with sugar, and so serue it vp.

To roast a fillet of Veale.

Take an excellent good legge of Veale, and cut the thicke part thereof a handfull and more from the Knuckle: then take the thicke part (which is the fillet) and fierce it in euery part all ouer with Strawberry-leaues, Violet leaues, Sorrell, Spinage, Endiue and Succorie grossely chopt together, and good store of Onyons: then lay it to the fire and roast it very sufficiently and browne, casting good store of salt vpon it, and basting it well with sweete Butter: then take of the former hearbes much finer chopt then they were for fiercing, and put them into a Pipkin with Vinegar, and cleane washt Currants, and boyle them well together: then when the hearbes are sufficiently boyld and soft, take the yelkes of foure very hard boyld Egges, and shred them very small, and put them into the Pipkin also with Sugar and Cynamon, and some of the grauie which drops from the veale, and boyle it ouer againe, and then put it into a cleane dish, and the Fillet being dredgd and drawne, lay vpon it, and trimme the side of the dish with Sugar, and so serue it vp.

## OF Sauces, and first for a roste Capon or Turkey.

To make an excellent sauce for a roste Capon, you shall take Onyons, and hauing sliced and pilled them, boyle them in faire water with pepper, salt, and a few bread-crummes: then put vnto it a spoonfull or two of Claret wine, the iuyce of an Orenge, and three or foure slices of a Lemmon pill; all these shred together, and so powre it vpon the Capon being broake vp.

Sauce for a hen or Pullet.

To make sauce for an old Hen or Pullet, take a good quantity of beere and salt, and mixe them well together with a few fine bread crummes, and boyle them

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on a chaffing dish and coales, then take the yelkes of three or foure hard Egges, and being shred small, put it to the Beere, and boyle it also: then the Hen being almost enough, take three or foure spoonefull of the gravy which comes from her and put it in also, and boyle all together to an indifferent thicknesse: which done, suffer it to boyle no more, but onely keepe it warme on the fire, and put into it the iuyce of two or three orenges, and the slices of Lemmon pils shred small, and the slices of orenges also having the vpper rine taken away: then the Henne being broken vp, take the brawnes thereof, and shredding them small, put it into the sauce also, and stirring all well together, put it hot into a cleane warme dish, and lay the Henne (broke vp) in the same.

The sauce for Chickins is diners, according to mens tastes: for some will onely haue butter, Verjuice, and a little Parsley rolled in their bellies mixt together; others will haue Butter, verjuice and Sugar boild together with toasts of bread: and others will haue thick sippets with the iuyce of Sorrell and Sugar mixt together. Sauce for Chickens.

The best sauce for a Pheasant, is wine and onions shift, Pepper and a little Salt mixt together, and but stewed vpon the coales, and then powred vpon the Pheasant or Partridge being broken vp, and some will put thereto the iuyce or slices of of an orenge or lemmon, or both: but it is according to taste, and indeed more proper for a Pheasant then a Pittridge. Sauce for a pheasant or partridge.

Sauce for a Crane, Raile, or any fat big bird, is Claret wine and Salt mixt together with the gravy of the Bird, and a few fine bread crummes well boild together, and either a Sage-leafe, or Bay-leafe crusht among it according to mens tastes. Sauce for a Crane, Raile, or big bird.

Sauce for pigeons.

The beſt ſauce for Pigeons, Stockdoues, or ſuch like, is Vinegar and Butter melted together, and Parſly roſted in their bellies, or vine-leaues roſted and mixed well together.

A generall ſauce for wild Fowle.

The moſt generall ſauce for ordinary wild-fowle roſted, as Duckes, Mallard, Widgen, Teale, Snipe, Sheldrake, Plouers, Puets, Guls and ſuch like, is onely muſtard and vinegar, or muſtard and verivice mixt together, or elſe an onion, water and pepper, and ſome (eſpeciall in the Court) vſe only butter melted, and not with any thing elſe.

Sauce for greene geeſe.

The beſt ſauce for greene Geeſe is the iuyce of ſorrell and ſugar mixt together with a few ſcalded Feberries, and ſerued vpon ſippets, or elſe the belly of the greene Gooſe fild with Feberries, and ſo roſted, and then the ſame mixt with veriuyce, butter, ſugar and cynamon, and ſo ſerued vpon ſippets.

Sauce for a ſtuble gooſe.

The ſauce for a ſtuble Gooſe is diuerſe, according to mens minds, for ſome will take the pap of roſted apples, and mixing it with vinegar, boyle them together on the fire with ſome of the grauy of the Gooſe, and a few Barberies and bread crummes, and when it is boyld to a good thickneſſe, ſeaſon it with ſugar and a little cinamon, and ſo ſerue it vp: ſome will adde a little muſtard and onions vnto it, and ſome will not roſt the apples, but pare them and ſlice them, and that is the neerer way, but not the better. Others will fill the belly of the Gooſe full of Onions ſhred, and oate-meale groats, and being roſted enough, mixe it with the grauy of the Gooſe, and ſweete hearbs well boild together, and ſeaſoned with a little verinyce.

A Gallatine, or Sauce for a Swan, bitter,

To make a *Gallantine*, or ſauce for a Swan, Bitter, Shoueler, Herne, Crane, or any large foule, take the blood of

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the ſame fowle, and being ſtird well, boile it on the fire, then when it comes to be thecke, put vnto it *vinegar* a good quantity, with a few fine bread-crummes, and ſo boile it ouer againe: then being come to good thicknes, ſeaſon it with *Sugar* & *Cinamon*, ſo as it may taſte pretty and ſharpe vpon the *Cinamon*, and then ſerue it vp in ſaucers as you do *Muſtard*: for this is called a *chauder* or *gallantine*, & is a ſauce almoſt for any foule whatſoeuer. Shoueler, or large Fowle.

To make ſauce for a Pigge, ſome take Sage and roaſt it in the belly of the Pigge, then boiling *verjuice*, *Butter* and *currants* together, take & chop the Sage ſmall, and mixing the braines of the Pig with it, put all together, and ſo ſerue it vp. Sauce for a pig.

To make a ſauce for a Ioynt of Veale, take all kind of ſweete Pot herbs, and chopping them very ſmall with the yelkes of two or three Egges, boyle them in *vinegar* and *Butter*, with a few bread crummes, and good ſtore of *Currants*; then ſeaſon it with *Sugar* and *Cinamon*, and a *clone* or two cruſht, and ſo powre it vppon the Veale, with the ſlices of *Orenges* and *Lemons* about the diſh. Sauce for Veale.

Take *Orenges* and ſlice them thin, and put vnto them *White wine* and *Roſe water*, the pouder of *Mace*, *Ginger* and *Sugar*, and ſet the ſame vpon a chaffing diſh and coales, & when it is halfe boiled, put to it a good lump of *Butter*, and then lay good ſtore of ſippets of fine white bread therein, and ſo ſerue your Chickens vpon them, and trimme the ſides of the diſh with *Sugar*. Additions, vnto Sauces. Sops for Chickens.

Take faire water and ſet it ouer the fire, then ſlice good ſtore of *Onions* and put into it, and alſo *Pepper* and *Salt*, and good ſtore of the gravy that comes from the Turkie, and boyle them very well together: then put to it a few fine crummes of grated bread to thicken it; Sauce for a Turkie.

a very little Sugar and ſome vinegar, and ſo ſerue it vp with the Turkey: or otherwiſe, take grated white bread and boile it in White wine till it be thicke as a *Gallantine*, and in the boyling put in good ſtore of Sugar and Cinamon, and then with a little *Turneſole* make it of a high Murrey colour, and ſo ſerue it in Saucers with the Turkey in the manner of a *Gallantine*.

The beſt Gallenine.

Take the blood of a Swan, or any other great Fowle, and put it into a diſh; then take ſtewed Prunes and put them into a ſtrainer, and ſtraine them into the bloud, then ſet it on a chaffing-diſh and coales, and let boyle, euer ſtirring it till it come to be thicke, and ſeaſon it very well with Sugar and Cinamon, and ſo ſerue it in ſaucers with the Fowle, but this ſauce muſt be ſerued cold.

Sauce for a Mallard.

Take good ſtore of Onions, pill them, and ſlice them, and put them into vinegar, and boyle them very well till they be tender: then put into it a good lumpe of ſweete butter, and ſeaſon it well with Sugar and Cinamon, and ſo ſerue it vp with the Fowle.

OF Carbonados.

Charbonados, or Carbonadoes, which is meate broiled vpon the coales (and the inuention thereof firſt brought out of *France*, as appeares by the name) are of diuers kinds according to mens pleaſures: for there is no meate either boiled or roaſted whatſoeuer, but may afterwards be broiled, if the Maiſter thereof be diſpoſed; yet the generall diſhes for the moſt part which are vſed to be Carbonadoed, are a Breaſt of Mutton halfe boyled, a ſhoulder of Mutton halfe roaſted, the Leggs, Winges, and Carkaſes of Capon, Turkey, Gooſe, or any other Fowle whatſoeuer, eſpecially Land-Fowle.

What is to be Carbonadoed.

And laſtly, the vttermoſt thicke skinne which coureth the ribbes of Beefe, and is called (being broyled)

broyled) the Inns of Court-Gooſe, and is indeed a diſh vſed moſt for wantonneſſe, ſometimes to pleaſe appetite: to which may alſo be added the broyling of Pigs heads, or the braines of any Fowle whatſoeuer after it is roaſted and dreſt.

Now for the manner of Carbonadoing, it is in this ſort; you ſhall firſt take the meate you muſt Carbonadoe, and ſcorch it both aboue and below, then ſprinkle good ſtore of *Salt* vpon it, and baſte it all ouer with ſweete *Butter* melted, which done, take your broiling-iron, I doe not meane a Grid-iron (thouhg it be much vſed for this purpoſe) becauſe the ſmoake of the coales, occaſioned by the dropping of the meate, will aſcend about it, and make it ſtinke; but a plate-Iron made with hookes and pricks, on which you may hang the meate, and ſet it cloſe before the fire, and ſo the Plate heating the meate behind, as the fire doth before, it will both the ſooner, and with more neateneſſe bee readie: then hauing turned it, and baſted it till it bee very browne, dredge it, and ſerue it vp with *Vinegar* and *Butter*. The manner of Carbonadoing.

Touching the toaſting of Mutton, Veniſon, or any other Ioynt of meate, which is the moſt excellenteſt of all Carbonadoes, you ſhall take the fatteſt and largeſt that can poſſibly be got (for leane meate is loſſe of labour, and little meate not worth your time,) and hauing ſcorcht it, and caſt ſalt vpon it, you ſhall ſet it on a ſtrong forke, with a dripping pan vnderneath it, before the face of a quicke fire, yet ſo farre off, that it may by no meanes ſcorch, but toaſt at leaſure; then with that which falles from it, and with no other baſting, ſee that you baſte it continually, turning it euer and anon many times, and ſo oft, that it may ſoake and Of the toaſting of Mutton.

browne at great leasure, and as oft as you baste it, so oft sprinkle Salt vpon it, and as you see it toast scotch it deeper and deeper, especially in the thickest and most fleshly parts where the blood most resteth: and when you see that no more blood droppeth from it, but the grauy is cleere and white; then shall you serue it vp either with venison sauce, or with vinegar, pepper and sugar, cynamon, and the iuyce of an orenge mixt together and warmed with some of the grauy.

Additions, ☞ Vnto Carbonados. A rasher of mutton or lambe.

Take mutton or Lambe that hath bene either rosted, or but parboyld, and with your knife scotch it many wayes; then lay it in a deepe dish, and put to it a pint of white Wine, and a little whole mace, a little slic't nutmeg, and some sugar, with a lumpe of sweete butter, and stew it so till it it be very tender: then take it foorth, and browne it on the Grid-yron, and then laying sippets in the former broth serue it vp.

How to carbonado tongues.

Take any tongue, whether of Beefe, Mutton, Calues, red Deere or Fallow, and being well boyld, pill them, cleaue them, and scotch them many wayes; then take three or foure Egges broken, some Sugar, Cynamon and Nutmeg, and hauing beaten it well together, put to it a Lemon cut in thin slices, and another cleane pild, and cut into little foure-square bits, and then take the tongue and lay it in: and then hauing melted good store of butter in a frying-pan, put the tongue and the rest therein, and so fry it browne, and then dish it, and scrape sugar vpon it, and serue it vp.

Additions ☞ For dressing of Fish. How to souce any fresh-fish.

Take any Fresh-fish whatsoeuer (a Pike, Breame, Carpe, Barbell, Cheain, and such like, and draw it, but scale it not; then take out the Liuer and the refuse, and hauing opened it, wash it; then take a pottle of faire water, a pretty quantity of white wine, good store of salt, and

and ſome vinegar, with a little bunch of ſweete hearbs, and ſet it on the fire, and as ſoone as it begins to boile, put in your fiſh, and hauing boild a little, take it vp into a faire veſſell, then put into the liquor ſome groſſe pepper and ginger, & when it is boild well together with more ſalt, ſet it by to coole, and then put your fiſh into it, and when you ſerue it vp, lay Fenell thereupon.

How to boyle ſmall Fiſh.

To boyle ſmall fiſh, as Roches, Daces, Gudgeon or Flounders, boyle White-wine and water together with a bunch of choiſe hearbs, and a little whole mace, when all is boyled well together, put in your fiſh, and skum it well: then put in the ſoale of a manchet, a good quantity of ſweet butter, and ſeaſon it with pepper and verjuice, and ſo ſerue it in vpon ſippets, and adorne the ſides of the diſh with ſugar.

To boyle a Gurnet or Rochet.

Firſt, draw your fiſh, and either ſplit it open in the backe, or ioynt it in the backe, and truſſe it round, then waſh it cleane, and boyle it in water and ſalt, with a bunch of ſweete hearbs: then take it vp into a large diſh, and powre vnto it verjuice, Nutmeg, Butter and Pepper, and letting it ſtew a little, thicken it with the yelkes of Egges: then hot remoue it into another diſh, and garniſh it with ſlices of Orenges and Lemons, Barberies, Prunes and Sugar, and ſo ſerue it vp.

How to bake a Carpe.

After you haue drawne, waſht and ſcalded a faire large Carpe, ſeaſon it with pepper, ſalt and Nutmeg, and then put it into a coffin with good ſtore of ſweete butter, and then caſt on Rayſins of the Sunne, the iuyce of Lemons, and ſome ſlices of orenge pils; and then ſprinkling on a little vinegar, cloſe vp and bake it.

How to bake a Tench.

Firſt, let your Tench blood in the tayle, then ſcoure it, waſh it, and ſcald it, then hauing dried it, take the fine crummes of bread, ſweete Creame, the yelkes of

Egges, Currants cleane waſht, a few ſweete hearbes chopt ſmall, ſeaſon it with Nutmegs and Pepper, and make it into a ſtiffe paſte, and put it into the belly of the Tench: then ſeaſon the fiſh on the outſide with pepper, ſalt and Nutmeg, and ſo put it into a deepe coffin with ſweete Butter, and ſo cloſe vp the pye and bake it: then when it is enough, draw it, and open it, and put into it a good peece of preſerued Orenge minſt: then take Vinegar, Nutmeg, Butter, Sugar, and the yelke of a new layd egge, and boyle it on a Chaffing-diſh and coales, alwayes ſtirring it to keepe it from curding; then powre it into the pye, ſhake it well, and ſo ſerue it vp.

How to ſtew a *Trout.*

Take a large Trout, faire trimd, and waſh it, and put it into a deepe pewter diſh, then take halfe a pint of ſweete wine, with a lumpe of butter, and a little whole mace, parſley, ſauory and time, mince them all ſmall, and put them into the Trouts belly, and ſo let it ſtew a quarter of an houre: then minſe the yelke of an hard Egge, ſtrow it on the Trout, and laying the hearbs about it; and ſcraping on ſugar, ſerue it vp.

How to bake *Eeles.*

After you haue drawne your Eeles, chop them into ſmall peeces of three or foure inches, and ſeaſon them with Pepper, Salt and Ginger, and ſo put them into a coffin with a good lumpe of butter, great Rayſins, Onions ſmall chopt, and ſo cloſe it, bake it, and ſerue it vp.

## OF The paſtery and baked meates.

Next to theſe already rehearſed, our *Engliſh Houſewife* muſt be skilfull in paſtery, and know how and in what manner to bake all ſorts of meate, and what paſt is fit for euery meate, and how to handle and compound ſuch paſts: As for example, red Deere veniſon, wilde Boare, Gammons of Bacon, Swans, Elkes, Porpus, and ſuch like ſtanding diſhes, which muſt be kept long, would be

be bak't in a moyſt, thicke, tough, courſe, & long laſting cruſt, and therefore of all other your Rye paſte it beſt for that purpoſe: your Turkie, Capon, Pheaſant, Partridge, Veale, Peacocks, Lambe, and all ſorts of waterfowle which are to come to the table more then once (yet not many dayes, would be bak't in a good white cruſt, ſomewhat thick, therefore your Wheate is fit for them: your Chickens, Calues-feet, Oliues, Potatoes, Quinces, Fallow Deere and ſuch like, which are moſt commonly eaten hot, would be in the fineſt, ſhorteſt and thinneſt cruſt; therefore your fine wheat flower which is a little baked in the ouen before it be kneaded is the beſt for that purpoſe.

To ſpeake then of the mixture and kneading of paſts, you ſhall vnderſtand that your rye paſte would be kneaded onely with hot water and a little butter, or ſweete ſeame and Rye flower very finely ſifted, and it would be made tough & ſtiffe, that it may ſtand well in the riſing, for the coffin therof muſt euer be very deep; your courſe wheat cruſt would be kneaded with hot water, or Mutton broth, and good ſtore of butter, and the paſte made ſtiffe and tough, becauſe that coffin muſt be deepe alſo; your fine wheat cruſt muſt be kneaded with as much butter as water, and the paſt made reaſonable lythe and gentle, into which you muſt put three or foure egges or more, according to the quantity you blend together, for they will giue it a ſufficient ſtiffening. Of the mixture of paſts.

Now for the making of puffe paſt of the beſt kind, you ſhall take the fineſt wheat flowre after it hath bin a little back't in a por in the ouen, and blend it well with egges whites and yelkes all together, and after the paſte is well kneaded, roule out a part thereof as thinne as you pleaſe, and then ſpread cold ſweete butter ouer the ſame, Of puffe paſt.

same, then vpon the same butter role another leafe of the paste as before; and spread it with butter also, and thus role leafe vpon leafe with butter betweene till it be as thicke as you thinke good: and with it either couer any bak't meate, or make pastie for Venison, Florentine, Tart or what dish else you please and so bake it: there be some that to this paste vse sugar, but it is certaine it will hinder the rising thereof; and therefore when your puft paste is bak't, you shall dissolue sugar into Rose-water, and drop it into the paste as much as it will by any meanes receiue, and then set it a little while in the ouen after and it will be sweete enough.

Of baking Red Deere, or Fallow, or any thing to keepe cold.

When you bake red Deere, you shall first parboile it and take out the bones, then you shall if it be leane larde it, if fat saue the charge, then put it into a presse to squese out the blood; then for a night lay it in a meare sauce made of Vinegar, small drinke and salt, and then taking it forth, season it well with Pepper finely beaten, and salt well mixt together, and see that you lay good store thereof, both vpon and in euery open and hollow place of the Venison; but by no meanes cut any slashes to put in the Pepper, for it will of it selfe sinke fast enough into the flesh, and be more pleasant in the eating: then hauing raised the coffin, lay in the bottome a thicke course of butter, then lay the flesh thereon and couer it all ouer with butter, and so bake it as much as if you did bake great browne bread; then when you draw it, melt more butter with three or foure spoonefull of Vinegar, and twice so much Claret wine, and at a vent hole on the toppe of the lidde powre in the same till it can receiue no more, and so let it stand and coole; and in this sort you may bake Fallow-Deere, or Swanne, or whatsoeuer else you please

pleaſe to keepe cold, the meare ſauce onely being left out which is onely proper to red Deere: And if to your meare ſauce you adde a little Turneſole, and therein ſteepe beefe, or Ramme mutton: you may alſo in the ſame manner take the firſt for Red Deere Veniſon, and the latter for Fallow, and a very good iudgement ſhall not be able to ſay otherwiſe, then that it is of it ſelfe perfect Veniſon, both in taſte, colour, and the manner of cutting. To bake beefe or mutton for Veniſon.

To bake an excellent Cuſtard or Dowſet: you ſhall take good ſtore of egges, and putting away one quarter of the whites, beate them exceeding well in a baſon, and then mixe with them the ſweeteſt and thickeſt creame you can get, for if it be any thing thinne, the Cuſtard will be wheyiſh: then ſeaſon it with ſalt, ſugar, cinamon, cloues, mace, and a little Nutmegge: which done raiſe your coffins of good tough wheate paſte, being the ſecond ſort before ſpoke of, and if you pleaſe raiſe it in pretty workes, or angular formes, which you may doe by fixing the vpper part of the cruſt to the nether with the yelks of egges: then when the coffins are ready, ſtrow the bottomes a good thickneſſe ouer with Currants and Sugar, then ſet them into the Ouen, and fill them vp with the confection before blended, and ſo drawing them, adorne all the toppes with Carraway Cumfets, and the ſlices of Dates pickt right vp, and ſo ſerue them vp to the table. To preuent the wheyiſhnes of the Cuſtard, diſſolue into the firſt confection a little Iſſinglaſſe and all will be firme. To bake a Cuſtard or Dowſet.

To make an excellent Oliue-pie: take ſweete hearbs as Violet leaues, Strawberry leaues, Spinage, Succory, Endiue, Time and Sorrell, and chop them as ſmall as may be, and if there be a Scallion or two amongſt them it To bake an Oliue-pye.

it will giue the better taſte, then take the yelks of hard egges with Currants, Cinamon, Cloues and Mace, and and chop them amongſt the hearbs alſo; then hauing cut out long oliues of a legge of Veale, roule vp more then three parts of the hearbs ſo mixed within the Oliues, together with a good deale of ſweet butter; then hauing raiſed your cruſt of the fineſt and beſt paſte, ſtrow in the bottome the remainder of the hearbs, with a few great Raiſins hauing the ſtones pickt out: then put in the Oliues and couer them with great Raiſins and a few Prunes: then ouer all lay good ſtore of *Butter* and ſo bake them: then being ſufficiently bak't, take Claret wine, Sugar, Cinamon, and two or three ſpoonefull of wine Vinegar and boile them together, and then drawing the pie, at a vent in the top of the lid put in the ſame, and then ſet it into the Ouen againe a little ſpace, and ſo ſerue it forth.

To make a Marrow bone pye.

To bake the beſt Marrow-bone pye, after you haue mixt the cruſts of the beſt ſort of paſtes, and raiſed the coffin in ſuch manner as you pleaſe: you ſhall firſt in the bottome thereof lay a courſe of marrow of Beefe mixt with Currants: then vpon it a lay of the ſoales of Artichokes, after they haue beene boiled, and are diuided from the thiſtle: then couer them ouer with marrow, Currants, and great Raiſins, the ſtones pickt out: then lay a courſe of Potatoes cut in thicke ſlices, after they haue beene boiled ſoft, and are cleane pild: then couer them with marrow, Currants, great Raiſins, Sugar and Cinamon: then lay a layer of candied Eringo-rootes mixt very thicke with the ſlices of Dates: then couer it with marrow, Currants, great Raiſins, Sugar, Cinamon and Dates, with a few Damaske-prunes, and ſo bake it: and after it is bakt powre into it as long as

it will receiue it white-wine, roſe-water, ſugar, cinamon, and vinegar, mixt together, and candie all the couer with roſe-water and ſugar onely, and ſo ſet it into the ouen a little, and after ſerue it forth.

To bake a chicken-pie, after you haue truſt your chickens, broken their legges and breaſt-bones, and raiſed your cruſt of the beſt paſte, you ſhall lay them in the coffin cloſe together with their bodies full of butter: then lay vpon them, and vnderneath them currants, great raiſins, prunes, cinamon, ſugar, whole mace and ſalt: then couer all with great ſtore of butter, and ſo bake it; after powre into it the ſame liquor you did in your marrow-bone Pie with yelkes of two or three egs beaten amongſt it; and ſo ſerue it forth. To bake a chicken-pie.

To make good *Red-Deere* Veniſon of *Hares*, take a *Hare* or two, or three, as you can or pleaſe, and picke all the fleſh from the bones; then put it into a morter either of wood or ſtone, and with a wooden peſtle let a ſtrong perſon beate it exceedingly, and euer as it is beating, let one ſprinkle in *vinegar* and ſome *ſalt*; then when it is ſufficiently beaten, take it out of the morter, and put it into boiling water and parboile it: when it is parboild, take it and lay it on a table in a round lumpe, and lay a board ouer it, & with weights preſſe it as hard as may be: then the water being preſt out of it, ſeaſon it well with *Pepper* and *Salt*: then lard it with the fat of *Bacon* ſo thicke as may be: then bake it as you bake other *Red-Deere*, which is formerly declared. Additions to the Paſtery. To make Veniſon of Hares.

Take a *Hare*, and pick off all the fleſh from the bones, and only reſerue the head, then parboile it well: which done, take it out and let it coole, aſſoone as it is cold, take at leaſt a pound and halfe of *Raiſins* of the Sunne, and take out the ſtones: then mixe them with a good To [illegible] a Hare pye.

quantity

quantity of Mutton suet, and with a sharpe shredding knife shred it as small as you would doe for a Chewet: then put to it *Currants* and whole *Raisins*, *Cloues* and *Mace*, *Cinamon* and *Salt*: then hauing raised the coffin long-wise to the proportion of a *Hare*, first lay in the head, and then the aforesaid meate, and lay the meate in the true portion of a *Hare*, with necke, shoulders, and legges, and then couer the coffin and bake it as other baked meates of that nature.

A Gammon of Bacon-pie.

Take a Gammon of Bacon and onely wash it cleane, and then boile it on a soft gentle fire, till it be boiled as tender as is possible, euer and anon fleeting it cleane, that by all meanes it may boile white: then take off the swerd, and season it very well with all manner of sweete and pleasant seasoning hearbs: then strow store of *Pepper* ouer it, and pricke it thicke with *Cloues*: then lay it into a coffin made of the same proportion, and lay good store of *Butter* round about it, and vpon it, and strow *Pepper* vpon the *Butter*, that as it melts, the *Pepper* may fall vpon the Bacon: then couer it, and make the proportion of a *Pigges* head in paste vpon it, and then bake it as you bake *Red Deere*, or things of the like nature, onely the Paste would be of Wheate-meale.

A Herring-pie.

Take white pickled *Herrings* of one nights watering and boyle them a little: then pill off the skinne and take onely the backs of them, and picke the fish cleane from the bones, then take good store of *Raisins* of the Sunne, and stone them, and put them to the fish: then take a *Warden* or two, and pare it, and slice it in small slices from the chore, and put it likewise to the fish: then with a very sharpe shredding knife shred all as small and fine as may be: then put to it good store of *Currants*, *Sugar*, *Cinamon*, slic't *Dates*, and so put

it

it into the coffin with good ſtore of very ſweet *Butter*, and ſo couer it, and leaue onely a round vent-hole on the top of the lid, and ſo bake it like pies of that nature: When it is ſufficiently bak't, draw it out, and take *Claret-wine* and a little *Verjuice*, *Sugar*, *Cinamon*, and ſweet *Butter*, and boile them together; then put it in at the vent-hole, and ſhake the pie a little, and put it againe into the Ouen for a little ſpace, and ſo ſerue it vp, the lid being candied ouer with *Sugar*, and the ſides of the diſh trimmed with *Sugar*.

A Ling pie.

Take a Iole of the beſt *Ling* that is not much watred, and is well ſodden and cold, but whileſt it is hot take off the skin, and pare it cleane vnderneath, and pick out the bones cleane from the fiſh: then cut it into groſſe bits and let it lie: then take the yelks of a dozen *Egges* boild exceeding hard, and put them to the fiſh, and ſhred all together as ſmall as is poſſible: then take all manner of the beſt and fineſt pot-herbs, and chop them wonderful ſmall, and mixe them alſo with the fiſh; then ſeaſon it with *Pepper*, *Cloues*, and *Mace*, and ſo lay it into a coffin with great ſtore of ſweete *Butter*, ſo as it may ſwimme therein, and then couer it, and leaue a vent hole open in the top when it is bak't, draw it, and take *Verjuice*, *Sugar*, *Cinamon* and *Butter*, and boile them together, and firſt with a feather annoynt all the lid ouer with that liquor, and then ſcrape good ſtore of *Sugar* vpon it; then powre the reſt of the liquor in at the vent-hole, & then ſet it into the Ouen againe for a very little ſpace, and then ſerue it vp as pies of the ſame nature, and both theſe pies of fiſh before rehearſed, are eſpecall Lenten diſhes.

Take a pint of the ſweeteſt and thickeſt Creame that can be gotten, and ſet it on the fire in a very cleane

ſcowred

scowred skillet, and put into it *Sugar*, *Cinamon* and a *Nutmegge* cut into foure quarters, and so boile it well: then take the yelkes of foure *Egs*, and take off the filmes, and beate them well with a little sweete *Creame*: then take the foure quarters of the *Nutmegge* out of the *Creame*, then put in the *Egges*, and stirre it exceedingly, till it be thicke: then take a fine Manchet, and cut it into thin shiues, as much as will couer a dish-bottome, and holding it in your hand, powre halfe the *Creame* into the dish: then lay your bread ouer it, then couer the bread with the rest of the *Creame*, and so let it stand till it be cold: then strow it ouer with *Carraway* Comfets, and pricke vp some *Cinamon* Comfets, and some fine Dates; or for want thereof, scrape all ouer it some *Sugar*, and trim the sides of the dish with *Sugar*, and so serue it vp.

☞ A Nottolhe foole.

A Trifle.

Take a pint of the best and thickest *Creame*, and set it on the fire in a cleane skillet, and put into it *Sugar*, *Cinamon*, and a *Nutmegge* cut into foure quarters, and so boile it well: then put it into the dish you intend to serue it in, and let it stand to coole till it be no more then luke-warme: then put in a spoonefull of the best earning, and stirre it well about, and so let it stand till it be cold, and then strow *Sugar* vpon it, and so serue it vp, and this you may serue either in dish, glasse, or other plate.

A Calues foot-Pye.

Take *Calues* feete well boild, and picke all the meate from the bones: then being cold mince it as small as you can, then season it with *Cloues* and *Mace*, and put in good store of *Currants*, *Raisins*, and *Prunes*: then put it into the coffin with good store of sweete *Butter*, then breake in whole sticks of *Cinamon*, and a *Nutmegge* slic't into foure quarters, and season it before with *Salt*:

then

then close vp the coffin, and onely leaue a vent-hole. When it is bak't, draw it, and at the vent-hole put in the same liquor you did in the *Ling*-pie, and trim the lid after the same manner, and so serue it vp.

Oysterpye.

Take of the greatest *Oysters* drawne from the shells, and parboile them in *Verjuice*: then put them into a cullander, and let all the moysture run from them, till they be as dry as is possible: then raise vp the coffin of the pie, and lay them in: then put to them good store of Currants and fine powdred Sugar, with whole Mace, whole Cloues, whole Cinamon, and Nutmeg slic't, Dates cut, and good store of sweete butter: then couer it, and onely leaue a vent-hole: when it is bak't, then draw it, and take White-wine, and White-wine-vinegar, Sugar, Cinamon, and sweete butter, and melt it together; then first trim the lid therewith, and candie it with Sugar; then powre the rest in at the vent-hole, and shake it well, and so set it into the ouen againe for a little space, and so serue it vp, the dish-edges trimd with Sugar. Now some vse to put to this pie *Onions* slieed and shred, but that is referred to discretion, and to the pleasure of the taste.

To recouer Venison that is tainted.

Take strong *Ale*, and put to it of *Wine-vinegar* as much as will make it sharpe: then set it on the fire, and boile it well, and skum it, and make of it a strong brine with *Bay salt*, or other *salt*: then take it off, and let it stand till it be cold, then put your Venison into it, and let it lie in it full twelue houres: then take it out from that meat sauce, and presse it well; then parboyle it, and season it with *Pepper* and *Salt*, and bake it, as hath beene before shewed in this Chapter.

A Chewet pye

Take the brawnes and the wings of Capons and Chickens after they haue beene rosted, and pull away the

skin; then ſhred them with fine Mutton ſuet very ſmall, then ſeaſon it with *Cloues*, *Mace*, *Cinamon*, *Sugar* and *Salt*: then put to *Raiſins* of the Sunne & *Currants*, and ſlic't *Dates*, and *Orenge* pills, and being well mixt together, put it into ſmall coffins made for the purpoſe, and ſtrow on the top of them good ſtore of *Carraway* Comfets: then couer them, and bake them with a gentle heate, and theſe Chewets you may alſo make of roſted Veale, ſeaſoned as before ſhewed, and of all parts the loyne is the beſt.

A mince pie. Take a Legge of Mutton, and cut the beſt of the fleſh from the bone, and parboyle it well: then put to it three pound of the beſt Mutton ſuet, and ſhred it very ſmall: then ſpread it abroad, and ſeaſon it with *Pepper* and *Salt*, *Cloues* and *Mace*: then put in good ſtore of *Currants*, great *Raiſins* and *Prunes* cleane waſht and pickt, a few *Dates* ſlic't, and ſome *Orenge* pills ſlic't: then being all well mixt together, put it into a coffin, or into diuers coffins, and ſo bake them: and when they are ſerued vp open the liddes, and ſtrow ſtore of *Sugar* on the top of the meate, and vpon the lid. And in this ſort you may alſo bake Beefe or Veale; onely the Beefe would not bee parboyld, and the Veale will aske a double quantity of Suet.

A Pippen pie. Take of the faireſt and beſt *Pippins*, and pare them, and make a hole in the top of them; then pricke in each hole a *Cloue* or two, then put them into the coffin, then breake in whole ſtickes of *Cinamon*, and ſlices of *Orenge* pills and *Dates*, and on the top of euery *Pippin* a little peece of ſweete butter: then fill the coffin, and couer the *Pippins* ouer with *Sugar*; then cloſe vp the pie, and bake it, as you bake pies of the like nature, and

and when it is bak't, annoint the lidde ouer with ſtore of ſweete butter, and then ſtrow *Sugar* vpon it a good thickneſſe, and ſet it into the ouen againe for a little ſpace, as whileſt the meate is in diſhing vp, and then ſerue it.

A Warden-pie, or quince-pie.

Take of the faireſt and beſt *Wardens*, and pare them, and take out the hard chores on the top, and cut the ſharpe ends at the bottome flat; then boyle them in *White wine* and *Sugar*, vntill the ſirrup grow thicke: then take the *Wardens*, from the ſirrup into a cleane diſh, and let them coole; then ſet them into the coffin, and prick *Cloues* in the tops, with whole ſticks of *Cinamon*, and great ſtore of *Sugar*, as for *Pippins*, then couer it, and onely reſerue a vent-hole, ſo ſet it in the ouen and bake it: when it is bak't, draw it forth, and take the firſt ſirrup in which the *Wardens* were boyld, and taſte it, and if it be not ſweet enough, then put in more *Sugar* and ſome *Roſe water*, and boyle it againe a little, then powre it in at the vent-hole, & ſhake the pie well; then take ſweet butter and *Roſe water* melted, and with it annoint the pie-lid all ouer, and then ſtrow vpon it ſtore of *Sugar*, and ſo ſet it into the ouen againe a little ſpace, and then ſerue it vp. And in this manner you may alſo bake *Quinces*.

To preſerue quinces to bake all the yeare.

Take the beſt and ſweeteſt worte, and put to it good ſtore of *Sugar*; then pare and chore the *Quinces* cleane, and put them therein, and boyle them till they grow tender: then take out the *Quinces* and let them coole, & let the pickle in which they were boild, ſtand to coole alſo; then ſtraine it through a raunge or ſiue, then put the *Quinces* into a ſweete earthen pot, then powre the pickle or ſirrup vnto them, ſo as all the *Quinces* may be quite couered all ouer; then ſtop vp the pot cloſe,

and ſet it in a dry place, and once in ſixe or ſeuen weeks looke vnto it; and if you ſee it ſhrinke, or doe begin to hoare or mould, then powre out the pickle or ſirrup, and renewing it, boyle it ouer againe, and as before put it to the *Quinces* being cold and thus you may preſerue them for the vſe of baking, or otherwiſe all the yeere.

A pippen Tart. Take Pippins of the faireſt, and pare them, and then diuide them iuſt in the halfes, and take out the chores cleane: then hauing rold out the coffin flat, and raiſd vp a ſmall verdge of an inch, or more high, lay in the Pippins with the hollow ſide downeward, as cloſe one to another as may be: then lay here and there a *cloue*, and here and there a whole ſticke of *Sinamon*, and a little bit of butter: then couer all cleane ouer with *Sugar*, and ſo couer the coffin, and bake it according to the manner of Tarts; and when it is bak't, then draw it out, and hauing boyled *Butter* and *roſe-water* together, anoynt all the lid ouer therewith, and then ſcrape or ſtrow on it good ſtore of *Sugar*, and ſo ſet it in the ouen againe, and after ſerue it vp.

A codlin Tart. Take greene *Apples* from the tree, and codle them in ſcalding water without breaking; then pill the thinne skin from them, and ſo diuide them in halfes, and cut out the chores, and ſo lay them into the coffin, and doe in euery thing as you did in the Pippin tart; and before you couer it when the *Sugar* is caſt in, ſee you ſprinkle vpon it good ſtore of *Roſe-water*, then cloſe it, and doe as before ſhewed.

A codling pie. Take Codlins as before ſaid, and pill them and diuide them in halfes, and chore them, and lay a leare thereof in the botrome of the pie: then ſcatter here and there a *cloue*, and here and there a peece of whole *Sinamon*; then couer them all ouer with *Sugar*, then lay another

another leare of *Codlins*, and doe as beforesaid, and so another, till the coffin be all filled; then couer all with Sugar, and here and there a Cloue and a Cinamon-sticke, and if you will a slic't Orange pill and a Date; then couer it, and bake it as the pies of that nature: when it is bak't, draw it out of the ouen, and take of the thickest and best Creame with good store of Sugar, and giue it one boile or two on the fire: then open the pie, and put the Creame therein, and mash the Codlins all about; then couer it, and hauing trimd the lidde (as was before shewed in the like pies and tarts) set it into the ouen againe for halfe an houre, and so serue it forth.

Take the faireſt Cherries you can get, and pick them cleane from leaues and stalkes: then spread out your coffin as for your Pippin-tart, and couer the bottome with Sugar: then couer the Sugar all ouer with Cherries, then couer those Cherries with Sugar, some sticks of Cinamon, and here and there a Cloue: then lay in more cherries, and so more Sugar, Cinamon and cloues, till the coffin be filled vp: then couer it, and bake it in all points as the codling and pipping tart, and so serue it: and in the same manner you may make Tarts of Gooseberries, Strawberries, Rasberries, Bilberries, or any other Berrie whatsoeuer. A Cherry Tart.

Take *Rice* that is cleane picked, and boyle it in sweet *Creame*, till it be very soft: then let it stand and coole, and put into it good store of *Cinamon* and *Sugar*; and the yelkes of a couple of *Eggs* and some *Currants*, stir and beate all well together: then hauing made the coffin in the manner before said for other tarts, put the *Rice* therein, and spread it all ouer the coffin: then breake many little bits of sweet butter vpon it all ouer, A Rice Tart.

and scrape some sugar ouer it also, then couer the tart, and bake it, and trim it in all points, as hath bene before shewed, and so serue it vp.

A Florentine. Take the Kidneys of veale after it hath bene well rosted, and is cold: then shred it as fine as is possible; then take all sorts of sweete Pot hearbs, or searsing hearbs, which haue no bitter or strong taste, and chop them as small as may be, and putting the veale into a large dish, put the hearbs vnto it, and good store of cleane washt Currants, Sugar, Cinamon, the yelkes of foure egges, a little sweete creame warmd, and the fine grated crummes of a halfe penny loafe and salt, and mixe all exceeding well together: then take a deepe pewter dish, and in it lay your paste very thin rowld out, which paste you must mingle thus: Take of the finest wheat-flower a quart, and a quarter so much sugar, and a little cinamon; then breake into it a couple of egges, then take sweet creame and butter melted on the fire, and with it knead the paste, and as was before sayd, hauing spread butter all about the dishes sides: then put in the veale, and breake pecces of sweete butter vpon it, and scrape sugar ouer it; then rowle out another paste reasonable thicke, and with it couer the dish all ouer, closing the two pasts with the beaten whites of egges very fast together: then with your knife cut the lid into diuerse pretty workes according to your fancy: then set it in the Ouen and bake it with pies and tarts of like nature: when it is back't, draw it, and trim the lid with sugar, as hath bene shewed in tarts, and so serue it vp in your second courses.

A pruen tart. Take of the fayrest damaske pruens you can get, and put them in a cleane pipkin with faire water, Sugar, vnbruised Cinamon, and a braunch or two of Rosemary,

mary, and if you haue bread to bake, ſtew them in the ouen with your bread: if otherwiſe, ſtew them on the fire: when they are ſtewed, then bruiſe them all to maſh in their ſirrop, and ſtrayne them into a cleane diſh; then boyle it ouer againe with Sugar, Cinamon, and Roſe water, till it be as thicke as Marmalad: then ſet it to coole, then make a reaſonable tuffe paſte with fine flower, Water, and a little butter, and rowle it out very thinne: then hauing patternes of paper cut into diuerſe proportions, as Beaſtes, Birdes, armes, Knots, Flowers, and ſuch like: Lay the patternes on the paſte, and ſo cut them accordingly: then with your fingers pinch vpp the edges of the paſte, and ſet the worke in good proportion: then pricke it well all ouer for riſing, and ſet it on a cleane ſheete of large paper, and ſo ſet it into the Ouen, and bake it hard; then drawe it, and ſet it by to coole: and thus you may doe by a whole Ouen full at one time, as your occaſion of expence is: then againſt the time of ſeruice comes, take off the confection of pruens before rehearſed, and with your Knife, or a ſpoone fill the coffin according to the thickneſſe of the verge; then ſtrow it ouer all with Caraway comfets, and pricke long comfets vpright in it, and ſo taking the paper from the bottome, ſerue it on a plate in a diſh or charger, according to the bigneſſe of the tart, and at the ſecond courſe, and this tart carrieth the colour blacke.

Take apples and pare them, and ſlice them thin from the chore into a pipkin with White-wine, good ſtore of Sugar, Cinamon, a few Saunders and Roſewater, and boyle it till it be thicke; then coole it, and ſtraine it, and beate it very well together with a ſpoone: then put it into the coffin as you did the Pruen tart, and Apple-tart.

adorne it also in the same manner, and this tart you may fill thicker or thinner, as you please to raise the edge of the coffin, and it carrieth the colour red.

A Spinage tart. Take good store of Spinage, and boyle it in a Pipkin with White-wine till it be very soft as pap: then take it and straine it well into a pewter dish, not leauing any part vnstrained: then put to it Rosewater, great store of sugar and cynamon, and boyle it till it be as thicke as Marmalad, then let it coole, and after fill your coffin, and adorne it, and serue it in all points as you did your prune-tart, and this carrieth the colour greene.

A yellow tart. Take the yelkes of egs, and breake away the filmes, and beate them well with a little creame: then take of the sweetest and thickest creame that can be got, and set it on the fire in a cleane skillet, and put into it sugar, cinamon and rose-water, and then boyle it well: when it is boyld, and still boyling, stirre it well, and as you stirre it put in the egs, and so boyle it till it curdle; then take it from the fire and put it into a strainer, and first let the thin whay runne away into a by dish, then straine the rest very well, and beate it well with a spoone, and so put it into the tart coffin, and adorne it as you did your prune-tart, and so serue it: this carrieth the colour yellow

A white tart. Take the whites of egs and beate them with rose-water, and a little sweet creame: then set on the fire good thicke sweete creame, and put into it sugar, cynamon, rose-water, and boyle it well, and as it boyles stirre it exceedingly, and in the stirring put in the whites of egs; then boile it till it curdle, and after doe in all things as you did to the yellow tart; and this carrieth the colour white, and it is a very pure white, and therefore would be adorned with red carraway comfets, and as this so

with

with blaunched almonds like white tarts and full as pure. Now you may (if you pleaſe) put all theſe ſeuerall colours, and ſeuerall ſtuffes into one tart, as thus: If the tart be in the proportion of a beaſt, the body may be of one colour, the eyes of another, the teeth of another, and the tallents of another: and ſo of birds, the body of one colour, the eyes another, the legges of another, and euery feather in the wings of a ſeuerall colour according to fancy: and ſo likewiſe in armes, the field of one colour, the charge of another, according to the forme of the Coat armour; as for the mantles, trailes and deuices about armes, they may be ſet out with ſeuerall colours of preſerues, conſerues, marmalads, and goodinyakes, as you ſhall find occaſion or inuention, and ſo likewiſe of knots, one trayle of one colour, and another of another, and ſo of as many as you pleaſe.

Take ſorrell, ſpinage, parſley, and boyle them in water till they be very ſoft as pap, then take them vp, and preſſe the water cleane from them, then take good ſtore of yelkes of egges boild very hard, and chopping them with the hearbes exceeding ſmall, then put in good ſtore of currants, ſugar and cynamon, and ſtirre all well together; then put them into a deepe tart coffin with good ſtore of ſweete butter, and couer it; and bake it like a pippin tart, and adorne the lid after the baking in that manner alſo, and ſo ſerue it vp. An hearbe tart.

Take a quart of the beſt creame, and ſet it on the fire, and ſlice a loafe of the lighteſt white bread into thinne ſlices, and put into it, and let it ſtand on the fire till the milke begin to riſe; then take it off, & put it into a baſon, and let it ſtand till it be cold: then put in the yelkes of foure egges, and two whites, good ſtore of currants, ſugar, To bake a puddinge pye.

*Sugar*, *Cinamon*, *Cloues*, *Mace*, and plenty of *Sheepes* suet finely shred, and a good season of *Salt*; then trim your pot very well round about with butter, and so put in your pudding, and bake it sufficiently, then when you serue it, strow *Sugar* vpon it.

A Whitepot. Take the best and sweetest creame, and boile it with good store of *Sugar*, and *Cinamon*, and a little rose-water, then take it from the fire and put into it cleane pickt ryce, but not so much as to make it thicke, & let it steepe therein till it be cold; then put in the yelks of sixe egs, & two whites, *Currants*, *Sugar*, *Sinamon*, and *Rose-water*, and *Salt*, then put it into a pan, or pot, as thin as if it were a custard; and so bake it and serue it in the pot it is baked in, trimming the top with sugar or comfets.

OF banquering stuffe and conceited dishes. There are a world of other Bak't meates and Pies, but for as much as whosoeuer can doe these may doe all the rest, because herein is contained all the Art of seasonings, I will trouble you with no further repetitions; but proceede to the manner of making of Banquering stuffe and conceited dishes, with other pretty and curious secrets, necessary for the vnderstanding of our English Houf-wife: for albeit they are not of generall vse, yet in their due times they are so needfull for adornation, that whosoeuer is ignorant therein, is lame, and but the halfe part of a compleat Houf-wife.

To make paste of Quinces. To make paste of Quinces: first boile your Quinces whole and when they are soft, pare them and cut the Quince from the core; then take the finest sugar you can get finely beaten and searsed, and put in a little Rose-water and boile it together till it be thicke; then put in the cut Quinces and so boyle them together till it be stiffe enough to mold, and when it is cold, then role it and print it; a pound of Quinces will take a pound of sugar,

Or

or neere thereabouts.

To make thin Quince-cakes, take your quince when it is boyled soft as before said, and dry it vpon a Pewter plate with soft heate, & be euer stirring of it with a slice till it be hard; then take searced sugar quantity for quantity & strow it into the quince, as you beate it in a wooden or stone morter: and so role them thin & print them. To make thin quince cakes.

To preserue Quinces: first pare your Quinces and take out the cores and boile the cores and parings all together in faire water, and when they beginne to be soft, take them out and straine your liquor, and put the waight of your Quinces in sugar, and boile the Quinces in the sirrup till they be tender: then take them vp and boile your sirrup till it be thicke: If you will haue your Quinces red, couer them in the boiling, and if you will haue them white doe not couer them. To preserue quinces

To make Ipocras, take a pottle of wine, two ounces of good *Cinamon*, halfe an ounce of ginger, nine cloues, & sixe pepper cornes, and a nutmeg, & bruise them and put them into the wine with some rosemary flowers, and so let them steepe all night, and then put in sugar a pound at least. & when it is well setled, let it run through a woollen bag made for that purpose: thus if your wine be claret, the Ipocras wil be red: if white then of that color also. To make Ipocras.

To make the best Ielly, take calues feet and wash them and scald off the haire as cleane as you can get it: then split them and take out the fat and lay them in water, & shift them: then boile them in faire water vntill it will ielly, which you shall know by now and then cooling a spoonefull of the broth: when it will ielly then straine it, and when it is cold then put in a pint of Sacke and whole *Cinamon* and *Ginger* slic't, and Sugar and a little Rose-water, and boyle all well together againe: To make ielly.

Then

Then beate the white of an egge an put it into it, and let it haue one boile more: then put in a branch of Rosemary into the bottome of your ielly bag, and let it runne through once or twice, and if you will haue it coloured, then put in a little Townesall. Also if you want calues feete you may make as good Ielly if you take the like quantity of Isingglasse, and so vse no calues feete at all.

To make Leach.

To make the best Leach, take Isingglasse and lay it two houres in water, and shift it and boyle it in faire water and let it coole: Then take Almonds and lay them in cold water till they will blaunch: And then stampe them and put to new milke, and strayne them and put in whole Mace and Ginger slic't, and boile them till it taste well of the spice: then put in your Isingglasse and sugar, and a little Rose-water: and then let them all runne through a strainer.

To make Ginger bread.

Take Claret wine and colour it with Townesall, and put in sugar and set it to the fire: then take wheat bread finely grated and sifted, and Licoras, Aniseedes, Ginger and Cinamon beaten very small and searsed: and put your bread and your spice all together, and put them into the wine and boile it and stirre it till it be thicke: then mould it and print it at your pleasure, & let it stand neither too moist nor too warme.

Marmalad of quinces red.

To make red Marmelade of Quinces: take a pound of Quinces and cut them in halfes, and take out the cores and pare them: then take a pound of Sugar and a quart of faire water and put them all into a pan, and let them boile with a soft fire, and sometimes turne them and keepe them couered with a Pewter dish, so that the stemme or aire may come a little out: the longer they are in boyling the better colour they will haue: and when

when they be ſoft take a knife and cut them croſſe vpon the top, it will make the ſirrup goe through that they may be all of a like colour: then ſet a little of your ſirrop to coole, and when it beginneth to be thicke then breake your quinces with a ſlice or a ſpoone ſo ſmall as you can in the pan, and then ſtrow a little fine ſugar in your boxes bottome, and ſo put it vp.

To make white Marmalade you muſt in all points vſe your quinces as is before ſaid; only you muſt take but a pint of water to a pound of quinces, and a pound of ſugar, and boile them as faſt as you can, and couer them not at all. Marmalad white.

To make the beſt Iumbals, take the whites of three egges and beate them well, and take off the froth; then take a little milke and a pound of fine wheate flower & ſugar together finely ſifted, and a few Aniſeeds well rub'd and dried, and then worke all together as ſtiffe as you can worke it, and ſo make them in what formes you pleaſe, and bake them in a ſoft ouen vppon white Papers. To make Iumbals.

To make Bisket-bread, take a pound of fine flower, & a pound of ſugar finely beaten and ſearſed, and mixe them together; Then take eight egges and put foure yelks and beate them very well together; then ſtrow in your flower and ſugar as you are beating of it, by a little at once, it will take very neere an houres beating; then take halfe an ounce of Aniſeedes and Coriander-ſeeds and let them be dried and rubbed very cleane, and put them in; then rub your Bisket-pans with cold ſweet butter as thin as you can, and ſo put it in and bake it in an ouen: But if you would haue thinne Cakes, then take fruit diſhes and rub them in like ſort with butter, and ſo bake your Cakes on them, and when they To make Bisket-bread.

they are almost back't, turne them, and thrust them downe close with your hand. Some to this Bisket bread will adde a little Creame, and it is not amisse, but excellent good also.

To make finer lumbals.

To make lumbals more fine and curious then the former, and neerer to the taste of *the Macaroone*: take: pound of sugar beate it fine, then take as much fine wheat flower and mixe them together, then take two whites and one yolke of an egge, halfe a quarter of a pound of blaunched Almonds; then beate them very fine altogether with halfe a dish of sweet butter, and a spoonefull of Rose-water, and so worke it with a little Creame till it come to a very stiffe paste, then roule them forth as you please: And hereto you shall also, if you please, adde a few dried Aniseeds finely rubbed and strewed into the paste, and also Coriander seed.

To make drye sugarleach.

To make drie sugar Leache, blaunch your Almonds and beate them with a little rose water and the white of one egge, and you must beate it with a great deale of sugar, and worke it as you would worke a peece of paste: then roule it and print it as you did other things, onely be sure to strew sugar in the print for feare of cleaving too.

To make leach Lumbard.

To make Leache Lumbard, take halfe a pound of blaunched Almonds, two ounces of Cinamon beaten and searsed, halfe a pound of sugar, then beate your Almonds, and strewe in your sugar and cynamon till it come to a paste, then roule it and print it, as aforesayd.

To make fresh Cheese.

To make an excellent fresh cheese, take a pottle of Milke as it comes from the Cow, and a pint of creame: then take a spoonefull of runnet or earning, and put it vnto it, and let it stand two houres: then stirre it vp, and

and put it into a fine cloth, and let the whay draine from it: then put it into a bowle, and take the yelke of an egge, a ſpoonefull of Roſe-water, and bray them together with a very little ſalt, with Sugar and Nutmegs; and when all theſe are brayed together and ſearſt, mixe it with the curd, and then put it into a cheeſe-fat with a very fine cloth.

How to make courſe Ginger bread.

To make courſe Ginger bread, take a quart of Hony and ſet it on the coales and refine it: then take a penny worth of Ginger, as much Pepper, as much Licoras, and a quarter of a pound of Aniſeeds, and a peny worth of Saunders: All theſe muſt be beaten and ſearſed, and ſo put into the hony: then put in a quarter of a pint of Claret wine or old ale; then take three peny Manchets finely grated and ſtrow it amongſt the reſt, and ſtirre it till it come to a ſtiffe paſte, and then make it into cakes and dry them gently.

How to make quince cakes ordinary.

To make ordinary Quince cakes, take a good peece of a preſerued Quince, and beate in a morter, and worke it vp into a very ſtiffe paſte with fine ſearſt Sugar: then print it and drie them gently.

How to make Cinamon ſticks.

To make moſt Artificiall *Cinamon* ſtickes, take an ounce of *Cinamon* and pound it, and halfe a pound of Sugar: then take ſome gumme Dragon and put it in ſteepe in Roſewater, then take thereof to the quantity of a haſell nut, and worke it out and print it, and roule it in forme of a Cinamon ſticke.

How to make Cinamon water.

To make *Cinamon* water take a pottle of the beſt Ale and a pottle of ſack-lees; a pound of Cinamon ſliced fine, and put them together, and let them ſtand two daies; then diſtill them in a limbecke or glaſſe. Still.

How to make Wormewood water.

To make Wormewood water, take two gallons of good Ale, a pound of Aniſeedes, halfe a pound of

Licoras,

Licoras, and beate them very fine, And then take two good handfuls of the ctops of wormewood, and put them into the Ale and let them ſtand all night, and then diſtill them in a limbeck with a moderate fire.

To make ſweete water

To make ſweete water of the beſt kind, take a thouſand damaske roſes, two good handfuls of Lauendar tops, a three peny waight of mace, two ounces of cloues bruiſed, a quart of running water: put a little water into the bottome of an earthen pot, and then put in your Roſes and Lauender with the ſpices by little and little, and in the putting in alwaies knead them downe with your fiſt, and ſo continue it vntill you haue wrought vp all your Roſes and Lauender, and in the working betweene put in alwaies alittle of your water; then ſtop your pot cloſe, and let it ſtand foure daies, in which time euery morning and euening put in your hand, and pull from the bottome of your por the ſaide Roſes, working it for a time: and then diſtill it, and hang in the glaſſe of water a graine or two of Muske wrapt in a peece of Sarcenet or fine cloath.

Another way

Others to make ſweete water, take of Ireos two ounces, of Calamus halfe an ounce, of Cipreſſe rootes halfe an ounce, of yellow Saunders nine drams, of Cloues bruiſed one ounce, of Beniamin one ounce, of Storax and Calamint one ounce, and of Muske twelfe graines, and mixing all theſe in Roſe-water diſtill it.

To make date Leache

To make an excellent Date-Leach, take Dates, and take out the ſtones and the white rinde, and beate them with Suga-, Cinamon and Ginger very finely: then work it as you would worke a peece of paſte, and then print them as you pleaſe,

To make ſugar plate,

To make a kind of Sugar plate, take Gumme Dragon, and lay it in Roſe-water two daies: then take the pow-

der

der of faire Hepps and Sugar, and the iuyce of an Oreng; beate all theſe together in a Morter, then take it out and worke it with your hand: and print it at your pleaſure.

To make excellent ſpice Cakes, take halfe a pecke of very fine Wheat-flower, take almoſt one pound of ſweet butter, and ſome good milke and creame mixt together, ſet it on the fire, and put in your butter, and a good deale of ſugar, and let it melt together: then ſtraine Saffron into your milke a good quantity: then take ſeuen or eight ſpoonefulls of good Ale-barme, and eight egges with two yelkes and mixe them together, then put your milke to it when it is ſomewhat cold, and into your flower put ſalt, Aniſeedes bruiſed, Cloues and Mace, and a good deale of Cinamon: then worke all together good and ſtiffe, that you need not worke in any flower after: then put in a little roſewater cold, then rub it well in the thing you knead it in, and worke it throughly: if it be not ſweete enough, ſcrape in a little more ſugar, and pull it all in peeces, and hurle in a good quantity of Currants, and ſo worke all together againe, and bake your Cake as you ſee cauſe in a gentle warme ouen. To make ſpice Cakes.

To make a very good Banbury Cake, take foure pounds of Currants, & waſh and pick them very cleane, and drie them in a cloth: then take three egges and put away one yelke, and beate them, and ſtrayne them with barme, putting thereto Cloues, Mace, Cinamon and Nutmegges, then take a pint of Creame, and as much mornings milke and ſet it on the fire till the cold be taken away; then take flower and put in good ſtore of cold butter and ſugar, then put in your egges, barme and meale and worke them all together an houre or more: To make a Banbury Cake.

more, then saue a part of the paste, & the rest breake in peeces and worke in your Currants, which done, mold your Cake of what quantity you please; and then with that paste which hath not any Currants couer it very thinne both vnderneath and a loft. And so bake it according to the the bignesse.

To make the best March-pane.

To make the best March-pane, take the best Iordan Almonds and blaunch them in warme water, then put them into a stone-morter, and with a wooden pestell beate them to pappe, then take of the finest refined sugar well searst, and with it Damaske Rose-water, beate it to a good stiffe paste, allowing almost to euery Iordan Amlond three spoonefull of sugar; then when it is brought thus to a paste, lay it vpon a faire table, and strowing searst sugar vnder it, mould it like leauen, then with a roling-pin role it forth, and lay it vpon wafers washt with Rose-water; then pinch it about the sides, and put it into what forme you please; then strow searst sugar all ouer it, which done, wash it ouer with Rose-water and sugar mixt together, for that will make the Ice; then adorne it with Comfets, guilding, or whatsoeuer deuices you please, and so set it into a hot stoue, and there bake it crispie, and so serue it forth. Some vse to mixe with the paste Cinamon and Ginger finely searst, but I referre that to your particular taste.

To make paste of Genoa, or any other past.

To make paste of *Genoa*, you shall take Quinces after they haue beene boyled soft, and beate them in a morter with refined Sugar, Cinamon and Ginger finely searst, and Damaske rose water till it come to a stiffe paste; and role it forth and print it, and so bake it in a stoue; and in this sort you may make paste of Peares, Apples, Wardens, Plummes of all kinds, Cherries, Barberries, or what other fruit you please.

To

To make conſerue of any fruit you pleaſe, you ſhall take the fruite you intend to make conſerue of: and if it be ſtone-fruit you ſhall take out the ſtones: if other fruit take away the paring and chore, and then boyle them in faire running water to a reſonable height: then draine them from thence, and put them into a freſh veſſell with Claret wine, or White wine, according to the colour of the fruit: and ſo boyle them to a thicke pappe all to maſhing, breaking and ſtirring them together: then to euery pound of pappe put to a pound of Sugar, and ſo ſtirre them all well together, and being very hot ſtrayne them through faire ſtrayners, and ſo pot it vp. To make any Conſerue.

To make conſerue of Flowers, as Roſes, Violets, Gillyflowers, and ſuch like: you ſhall take the flowers from the ſtalkes, and with a paire of ſheeres cut away the white ends at the roots thereof, and then put them into a ſtone morter or wooden brake, and there cruſh or beate them till they be come to a ſoft ſubſtance: and then to euery pound thereof, take a pound of fine refined ſugar well ſearſt and beate it all together, till it come to one intire body, and then pot it vp, and vſe it as occaſion ſhall ſerue. To make Conſerue of Flowers.

To make the beſt Wafers, take the fineſt wheat-flower you can get, and mixe it with creame, the yelkes of egges, Roſe-water, Sugar and Cinamon till it be a little thicker then Pan cake-batter; and then warming your wafer-irons on a char-coale-fire, annoint them firſt with ſweete butter, and then lay on your batter and preſſe it, and bake it white or browne at your pleaſure. To make Wafers.

To make an excellent Marmalade of Oranges, take the Oranges, and with a knife pare off as thinn as is poſſible the vppermoſt rinde of the Orange: yet in ſuch To make Marmalade of Oranges.

sort, as by no meanes you alter the color of the Orange; then steepe them in faire water, changing the water twice a day, till you finde no bitternesse of taste therein; then take them forth, and first boile them in faire running water, and when they are soft, remoue them into rosewater, and boile them therein till they breake: then to euery pound of the pulpe put a pound of refined sugar, and so hauing masht and stirred them all well together, straine it through very faire strainers into boxes, and so vse it as you shall see occasion.

Additions to Banqueting stuffe.

To make fine Cakes.

Take a pottle of fine flower, and a pound of Sugar, a little Mace, and good store of water to mingle the flower into a stiffe paste, and a good season of salt, and so knead it, and role out the cake thinne and bake them on papers.

Fine bread.

Take a quarter of a pound of fine sugar well beaten, and as much flower finely boulted, with a quantity of Aniseedes a little bruised, and mingle all together; then take two egges and beate them very well, whites and all; then put in the mingled stuffe aforesaid, and beate all together a good while, then put it into a mould, wiping the bottome euer first with butter to make it come out easily, and in the baking turne it once or twice as you shall haue occasion, and so serue it whole, or in slices at your pleasure.

To preserue Quinces for kitchin seruice.

Take sweete Apples and stampe them as you doe for Cider, then presse them through a bagge as you doe verjuyce; then put it into a ferkin wherein you will keepe your Quinces, and then gather your Quinces, and wipe them cleane, and neither chore them nor pare them, but onely take the blacks from the tops, and so put them into the ferkin of Cider, and therein you may keepe them all the yeere very faire, and take them not out

of

of the liquor, but as you are ready to vse them, whether it be for pies, ar any other purpose, and then pare them, and chore them as you thinke good.

Take a gallon of Claret or White wine, and put therein foure ounces of Ginger, an ounce and a halfe of Nutmegs, of Cloues one quarter, of Sugar foure pound, let all this stand together in a pot at least twelue houres, then take it, and put it into a cleane bagge made for the purpose, so that the wine may come with good leasure from the spices. To make Ipocras.

Take Quinces and wipe them very cleane, and then chore them, and as you chore them, put the chores straight into faire water, and let the chores and the water boyle, when the water boyleth, put in the Quinces vnpared, and let them boyle till they be tender, and then take them out and pare them, and euer as you pare them, put them straight into sugar finely beaten: then take the water they were sodden in, & straine it through a faire cloth, and take as much of the same water as you thinke will make sirrup enough for the Quinces, and put in some of your sugar and let it boile a while, and then put in your Quinces, and let them boyle a while, and turne them, and cast a good deale of sugar vpon them; they must seeth a pace, and euer as you turne them, couer them still with sugar, till you haue bestowed all your sugar; and when you thinke that your Quinces are tender enough, take them forth, and if your sirrup be not stiffe enough, you may seeth it againe after the Quinces are forth. To euery pound of Quinces you must take more then a pound of sugar: for the more sugar you take, the fairer your Quinces will bee, and the better and longer they will be preserued. To preserue quinces.

Conserue of Quinces.

Take two gallons of faire water, and set it on the fire, and when it is luke-warme, beate the whites of fiue or six egges, and put them into the water, and stirre it well, and then let the water seeth, and when it riseth vp all on a curd, then scumme it off: Take Quinces and pare them, and quarter them, and cut out the chores: then take as many pound of your Quinces as of your sugar, and put them into your liquor, and let it boyle till your liquor be as high coloured as French Wine, and when they be very tender, then take a faire new canuase cloth faire washt, and straine your Quinces through it with some of your liquor; (if they will not goe through easily,) then if you will make it very pleasant, take a little Muske, and lay it in Rose water, and put it thereto; then take and seeth it, vntil it bee of such substance, that when it is cold, it will cut with a knife; and then put it into a faire boxe, and if you please, lay leafe-gold thereon.

☞ To keepe Quinces all the yeere.

Take all the parings of your Quinces that you make your Conserue withall, and three or foure other Quinces, and cut them in peeces, and boile the same parings, and the other peeces in two or three gallonds of water, and so let them boyle till all the strength bee sodden out of the sayd Quinces and parings, and if any skumme arise whilest it boyles, take it away: then let the sayd water runne thorough a strayner into a faire vessell, and set it on the fire againe, and take your Quinces that you will keepe, and wipe them cleane, and cut off the vttermost part of the said Quinces, and picke out the kernels and chores as cleane as you can, and put them into the said liquor, and so let them boile till they be a little soft, and then take them from the fire, and let them stand till they be cold: then

then take a little barrell, and put into the said barrell, the water that your Quinces be sodden in; then take vp your Quinces with a ladle, and put them into your barrell, and stop your barrell close that no ayre come into them, till you haue fit occasion to vse them; and bee sure to take such Quinces as are neither bruised nor rotten.

Take of the best sugar, and when it is beaten searse it very fine, and of the best Ginger and Cinamon, then take a little Gum-dragon and lay it in rosewater all night, then poure the water from it, and put the same with a little White of an Egge well beaten into a brasse morter, the Sugar, Ginger, Cinamon and all together, and beate them together till you may worke it like past; then take it and driue it forth into Cakes, and print them, and lay them before the fire, or in a very warme Stoue to bake. Or otherwise, take Sugar and Ginger (as is before said) Cinamon and Gum-dragon excepted, in stead whereof, take onely the Whites of Eggs and so doe as was before shewed you. Fine Ginger Cakes.

Take Curds, the paring of Lemons, of Oranges or Pouncithrons, or indeede any halfe-ripe greene fruite, and boyle them till they be tender in sweete Worte; then make a sirrop in this sort: take three pound of Sugar, and the whites of foure Eggs, and a gallon of water, then swinge and beate the water and the Eggs together, and then put in your Sugar, and set it on the fire, and let it haue an easier fire, and so let it boyle sixe or seuen walmes, and then straine it thorow a cloth, and let it seeth againe till it fall from the spoone, and then put it into the rindes or fruits. To make Suckets.

Take a quart of Hony clarified, and seeth it till it bee browne, and if it be thicke, put to it a dish of water; Courle Ginger-bread.

then take fine crummes of white bread grated, and put to it, and ſtirre it well, and when it is almoſt cold, put to it the powder of Ginger, Cloues, Cinamon, and a little Licoras and Aniſeedes: then knead it, and put it into moulds and print it: ſome vſe to put to it alſo a little pepper, but that is according vnto taſte and pleaſure.

To candy any roote, fruite or flower.

Diſſolue Sugar, or ſugar-candy in Roſe-water, boile it to an height, put in your rootes, fruits or flowers, the ſirrop being cold, then ſet a little, after take them out and boyle the ſirrop againe, then put in more roots, &c. then boile the ſirrop the third time to an hardneſſe, putting in more ſugar but not Roſe-water, put in the roots, &c. the ſirrop being cold and let them ſtand till they candie.

Ordering of banquets.

Thus hauing ſhewed you how to Preſerue, Conſerue, candy, and make paſts of all kinds, in which foure heads conſiſts the whole art of banqueting diſhes; I will now proceed to the ordering or ſetting foorth of a banquet, where in you ſhall obſerue, that March-panes haue the firſt place, the middle place, and laſt place: your preſerued fruites ſhall be diſhed vp firſt, your paſts next, your wet ſuckets after them, then your dried ſuckets, then your Marmelades and Goodiniakes, then your comfets of all kinds; Next, your peares, apples, wardens back't, raw or roaſted, and your Oranges and Leamons ſliced; and laſtly your Wafer-cakes. Thus you ſhall order them in the cloſet: but when they goe to the table, you ſhall firſt ſend foorth a diſh made for ſhew onely, as Beaſt, Bird, Fiſh, Fowle, according to inuention: then your Marchpane, then preſerued Fruite, then a Paſte, then a wet ſucket, then a dry ſucket, Marmelade, comfets, apples, peares, wardens, oranges and lemmons ſliced; and then wafers, and another diſh of preſerued

fruites,

fruites, and so consequently all the rest before: no two dishes of one kind going or standing together, and this will not onely appeare delicate to the eye, but inuite the appetite with the much variety thereof.

Ordering of great Feasts, and proportion of expence.

Now we haue drawne our *House-wife* into these seuerall Knowledges of Cookery, in as much as in her is contained all the inward offices of houshold, we will proceede to declare the manner of seruing and setting forth of meate for a great Feast, and from it deriue meaner, making a due proportion of all things: for what auailes it our good *House-wife* to bee neuer so skilfull in the parts of cookery, if she want skill to marshall the dishes, and set euery one in his due place, giuing precedency according to fashion and custome: It is like to a Fencer leading a band of men in rout, who knowes the vse of the weapon, but not how to put men in order. It is then to be vnderstood, that it is the office of the clerke of the Kitchin (whose place our *House-wife* must many times supply) to order the meate at the Dresser, and deliuer it vnto the Sewer, who is to deliuer it to the Gentlemen and Yeomen-waiters to beare to the table. Now because wee allow no Offices but our *House-wife*, to whom we onely speake in this Booke, shee shall first marshall her sallets, deliuering the grand sallet first, which is euermore compound: then greene Sallets, then boyld sallets, then some smaller compound sallets. Next vnto sallets she shall deliuer foorth all her fricases, the simple first, as collops, rashers, and such like: then compound fricases, after them all her boyld meats in their degree, as simple broths, stewd-broth, and the boylings of sundry fowles. Next them all sorts of roste-meates, of which the greatest first, as chine of Beefe, or surloyne, the gigget or Legges of Mutton, Goose, Swan, Veale,

Veale, Pig, Capon, and such like. Then bak't-meates, the hot first, as Fallow-deere in Pasty, Chicken, or Calues foote-pie and Douset. Then cold bak't meates, Pheasant, Partidges, Turkie, Goose, Woodcocke, and such like. Then lastly, Carbonados both simple and compound. And being thus marshald from the Dresser, the Sewer vpon the placing them on the table, shall not set them downe as he receiued them, but setting the Sallets extrauagantly about the table, mixe the Fricases about them; then the boild meates amongst the Fricases, rost meates amongst the boild, bak't meates amongst the rost, and Carbonados amongst the bak't; so that before euery trencher may stand a Sallet, a Fricase, a Boild meate, a Rost meate, a Bak't meat, and a Carbonado, which will both giue a most comely beauty to the table, and very great contentment to the Guesse. So likewise in the second course she shall first preferre the lesser wild-fowle, as Mallard, Tayle, Snipe, Plouer, Woodcocke, and such like: then the lesser land-fowle; as Chicken, Pigeons, Partridge, Raile, Turky, Chickens, young Pea-hens, and such like.

Then the greater wild-fowle; as Bitter, Hearne, Shoueler, Crane, Bustard, and such like. Then the greater land fowles; as Peacocks, Pheasant, Puets, Gulles, and such like. Then hot bak't-meates; as Marrybone-pie, Quince-pie, Florentine, and Tarts.

Then cold bak't meates, as Red deere, Hare-pie, Gammon of Bacon-pie, wild Bore, Roe-pie, and such like, and these also shall bee marshald at the Table, as the first course not one kind all together, but each seuerall sort mixt together, as a lesser wild-fowle and a lesser land-fowle; a great wild-fowle, and a great land-fowle; a hot bak't meate and a cold: and for made

dishes

dishes and Quelquechoses, which relie on the inuention of the Cooke, they are to bee thrust in into euery place that is emptie, and so sprinkled ouer all the table: and this is the best method for the extraordinary great feasts of Princes. But in case it be for much more humble meanes, then lesse care and fewer dishes may discharge it: yet before I proceede to that lower rate, you shall vnderstand, that in these great Feasts of Princes, though I haue mentioned nothing but flesh, yet is not fish to be exempted; for it is a beauty and an honour vnto euery Feast, and is to be placed amongst all the seuerall seruices, as thus; as amongst your Sallets all sorts of fouled-fish that liues in the fresh water; amongst your Fricases all manner of fride-fish; amongst your boyld-meates, all fish in broaths; amongst your rost-meates, all fish serued hot, but drie; amongst the bak't-meates, and sea-fish that is soust, as Sturgion and the like; and amongst your Carbonados, fish that is broild. As for your second course, to it belongeth all manner of shell-fish, either in the shell, or without; the hot to goe vp with the hot meate, and the cold with the cold.

And thus shall the Feast bee royall, and the seruice worthy.

Now for a more humble Feast, or an ordinary proportion which any good man may keepe in his family for the entertainment of his true and worthy friends, it must hold limitation with his prouision, and the season of the yeere: for Summer affords what Winter wantes, & Winter is master of that which Summer can but with difficulty haue: it is good then for him that intends to feast, to set downe the full number of his full dishes, that is, dishes of meate that are of substance, and not emptie or for shew; and of these sixteene is a

good

good proportion for one course vnto one messe, as thus for example, First, a shield of Brawne with mustard: Secondly, a boyld capon; Thirdly, a boyld peece of Beefe: Fourthly, a chine of beefe rosted: Fiftly, a neates tongue rosted: Sixtly, a Pigge rosted: Seuenthly, chewets back't; Eightly, a goose rosted: Ninethly, a swan rosted: Tenthly, a turkey rosted; the eleuenth, a haunch of venison rosted; the twelfth, a pasty of venison; the thirteenth, a Kid with a pudding in the belly; the fourteenth, an olive pye; the fifteenth, a couple of capons; the sixteenth, a custard or dousets. Now to these full dishes may be added in sallets, fricases, quelquechoses, and deuised paste, as many dishes more, which make the full seruice no lesse then two and thirty dishes, which is as much as can conueniently stand on one table, and in one messe: and after this manner you may proportion both your second and third course, holding fulnesse in one halfe of the dishes, and shew in the other, which will be both frugall in the spendor, contentment to the guest, and much pleasure and delight to the beholders. And thus much touching the ordering of great feasts and ordinary contentments.

## Chap. 3.

### *Of Distillations, and their vertues, and of perfuming.*

When our English *House-wife* is exact in these rules before rehearsed, and that she is able to adorne and beautifie her table, with all the vertuous illustrations meet for her knowledge; she shall then fort her mind to the vnderstanding of other Housewifely secrets, right profitable and meete for her vse, such

such as the want thereof may trouble her when need, or time requires.

Therefore first I would haue her furnish her selfe of very good Stils, for the distillation of all kinds of Waters, which stils would either be of Tinne, or sweete Earth, and in them she shall distill all sorts of waters meete for the health of her Houshold, as sage water, which is good for all Rhumes and Collickes; Radish water, which is good for the stone, Angelica water good for infection, Celadine water for sore eyes, Vine water for itchings, Rose water, and Eye-bright water for dim sights, Rosemary water for Fistuloes, Treacle water for mouth cankers, water of cloues for paine in the stomacke, Saxifrage water for grauell and hard vrine, Allum water for old Vlcers, and a world of others, any of which will last a full yeare at the least: Then she shall know that the best waters for the smoothing of the skinne, and keeping the face delicate and amiable, are those which are distilled from Beane-flowers, from Strawberries, from Vine leaues, from Goates-milke, from Asses milke, from the whites of Egges, from the flowers of Lillies, from Dragons, from calues feete, from bran, or from yelkes of Egges, any of which will last a yeare or better.

OF

The nature of waters.

Additions, to distillations.

First distill your water in a stillatory, then put it in a glasse of great strength, and fill it with those flowers againe (whose colour you desire) as full as you can, and stop it, and set it in the stillatory againe, and let it distill, and you shall haue the colour you distill.

To distill water of the colour of the heabe or flower you desire.

Take of Rosemary flowers two handfuls, of Maria-rome, Winter-sauory, Rosemary, Rew, vnset time, Germander, Rybworte, Harts tongue, Mouseare, White wormewood, Bugloss, red sage, Liuer worte, Hoare-hound,

To make Aqua vitæ.

hound, fine Lauender, Iſſop-cropps, Penny royall, Red fennell, of each of theſe one handfull: of Elycompane rootes, cleane pared and ſliced, two handfuls: Then take all theſe aforeſayd and ſhred them, but not waſh them, then take foure gallons and more of ſtrong Ale, and one gallon of ſacke-lees, and put all theſe aforeſayd hearbes ſhred into it, and then put into it one pound of Licoras bruiſed, halfe a pound of Anyſeeds cleane ſifted and bruiſed, and of Mace and Nutmegs bruiſed of each one ounce: then put altogether into your ſtilling-pot cloſe couered with Rye paſte, and make a ſoft fire vnder your pot, and as the head of the Limbecke heateth, draw out your hot water and put in cold, keeping the head of your Limbecke ſtill with cold water, but ſee your fire be not too raſh at the firſt, but let your water come at leaſure; and take heed vnto your ſtilling that your water change not white: for it is not ſo ſtrong as the firſt draught is; and when the water is diſtilled, take a gallon glaſſe with a wide mouth, and put therein a pottle of the beſt water and cleereſt, and put into it a pottle of Roſa-ſolis, halfe a pound of Dates bruiſed, and one ounce of graines, halfe a pound of Sugar, halfe an ounce of ſeed-pearle beaten, three leaues of fine gold, ſtirre all theſe together well, then ſtop your glaſſe and ſet it in the ſunne the ſpace of one or two moneths, and then clarifie it and vſe it at your diſcretion: for a ſpoonfull or two at a time is ſufficient, and the vertues are infinite.

Another excellent Aquavitæ. Fill a pot with red wine cleane and ſtrong, and put therein the powders of Camomile, Gilli-flowers, Ginger, Pellitory, Nutmeg, Gallengall, Spicknard, Quenebits, graines of pure long pepper, blacke Pepper, Com-

Commin, Fennell seede, Smalledge, Parsley, Sage, Rew, Mint, Calamint and Horshow, of each of them a like quantity, and beware they differ not the weight of a dramme vnder or aboue: then put all the pouders abouesayd into the wine, and after put them into the distilling pot, and distill it with a soft fire, and looke that it be well luted about with Rye paste, so that no fume or breath goe foorth, and looke, that the fire be temperate: also receiue the water out of the Lymbecke into a glasse vyall. This water is called the water of Life, and it may be likened to Balme, for it hath all the vertues and properties which Balme hath: this water is cleere and lighter then Rose water, for it will fleet aboue all liquors, for if oyle be put aboue this water, it sinketh to the bottome. This water keepeth flesh and fish both raw and sodden in his owne kind and state, it is good against aches in the bones, the poxe, and such like, neither can any thing kept in this water rot or putrifie, it doth draw out the sweetenesse, sauour, and vertues of all manner of spices, rootes and hearbes that are wet or layd therein, it giues sweetnesse to all manner of water that is mixt with it, it is good for all manner of cold sicknesses, and namely for the palsie or trembling ioynts, and stretching of the sinewes; it is good against the cold goute, and it maketh an old man seeme young, vsing to drinke it fasting, and lastly it fretteth away dead flesh in woumds, and killeth the canker.

To make aqua composita.

Take Rosemary, Time, Isop, Sage, Fennell, Nip, rootes of Elicompane, of each an handfull, of Marierum and Peny-royall of each halfe a handfull, eight slips of red Mint, halfe a pound of Licoras, halfe a pound of Aniseeds, and two gallons of the best Ale that can bee brewed, wash all these hearbes cleane, and put into

the

the Ale, Licoras, Aniſeeds, and herbes into a cleane braſſe pot, and ſet your limbecke thereon, and paſte it round about that no ayre come out, then diſtill the water with a gentle fire, and keepe the limbecke coole aboue, not ſuffering it to runne too faſt; and take heede when your water changeth colour, to put another glaſſe vnder, and keepe the firſt water, for it is moſt precious, and the latter water keepe by it ſelfe, and put it into your next pot, and that ſhall make it much better.

☞ A very principall aqua compoſita.

Take of balme, of Roſemary Flowers tops and all, of dried red Roſe leaues, of penny-royall, of each of theſe a handfull, one roote of Elycompane the whiteſt that can be got, three quarters of a pound of Licoras, two ounces of Cinamon, two drams of great Mace, two drams of Gallendgall, three drams of Coliander ſeeds three drammes of Carraway ſeeds, two or three Nutmegges cut in foure quarters, an ounce of Aniſeeds, a handfull of Borage; you muſt chuſe a faire Sunny day, to gather the hearbs in; you muſt not waſh them, but cut them in ſunder, and not too ſmall; then lay all your hearbs in fouſe all night and a day, with the ſpices groſly beaten or bruiſed, and then diſtill it in order aforeſaid, this was made for a learned Phiſitians owne drinking.

To make the imperiall water.

Take a gallond of Gaſcoine-wine, Ginger, Gallendgall, Nutmegs, Grains, Cloues, Aniſeeds, Fennell ſeeds, Carraway ſeeds, of each one dramme, then take Sage, Mints, Red roſes, Time, Pellitory, Roſemary, Wildtime Camomile, and Lauender, of each a handfull, then bray the ſpices ſmall, and the hearbs alſo, and put all together into the wine, and let it ſtand ſo twelue houres, ſtirring it diuers times, then diſtill it with a limbecke, and keepe the firſt water, for it is beſt: of a gallond of

wine

wine you must not take above a quart of water; this water comforteth the vital spirits, and helpe th inward diseases that commeth of cold, as the palsie, the contraction of sinewes, also it killeth wormes, and comforts the stomack, it cureth the cold dropsie, helpeth the stone, the stinking breath, and maketh one seeme young.

To make Cinamon water.

Take a pottle of the best Sack, and half a pint of rose water, a quarter, & half a pound of good cinamon wel bruised but not smal beaten, distil all these together in a glasse still, but you must carefully look to it, that it boyl not over hastily, & attend it with cold wet cloaths to cool the top of the stil if the water should offer to boyl too hastily. This water is very soveraign for the stomack, the head and all the inward parts; it helpes digestion, and comforteth the vitall spirits.

Six most precious waters which Hipocrates made and sent to a queen sometimes living in England.

1. Take *Fennel, Rew, Vervine, Endive, Bettony, Germander, Red-rose, Capillus Veneris*, of each an ounce; stamp them, and keep them with white wine a day & a night and distill water of them, which water will divide in three parts: the first water you shall put in a glasse by it self, for it is more precious then gold, the second as silver, and the third as Balm, and keep these three parts in glasses: this water you shall give the rich for Gold, to meaner for Silver, to poor men for Balm: This water keepeth the sight in clearnesse, and purgeth all grosse humours.

2. Take *Salgemma* a pound, and lap it in a greene dock leafe, and lay it in the fire till it be well roasted and waxe white, and put it in a glasse against the ayre a night, and on the morrow it shall be turned to a white water, like unto Chrystall: keep this water wel in a glasse, & put a drop into the eye, and it shal cleanse

and ſharp the ſight: it is good for any evill at the heart, for the *Morphew*, and the *Canker* in the mouth, and for divers other evils in the Body.

3 Take the rootes of *Fennell*, *Parſley*, *Endive*, *Bettony*, of each an ounce, and firſt waſh them well in luke-warm water, and bray them well with *white wine* a day and a night, and then diſtill them into water: *this water is more worthy then Balme; it preſerveth the ſight much, and cleanſeth it of all filth, it reſtraineth teares, and comforteth the head, and avoideth the water that commeth through the pain of the head.*

4 Take the ſeed of *Parſley*, *Achannes*, *Vervine*, *Carawaies*, and *Centuary*, of each ten drams, beat all theſe together, and put it in warm water a day and a night, and put it in a veſſell to diſtill: *this water is a precious water for all ſore eyes, and very good for the health of mans or womans body.*

5 Take *Limmell* of *Gold*, *Silver*, *Lattin*, *Copper*, *Iron*, *Steele*, and *Lead*; and take *Lethargy* of *Gold* and *Silver*, take *Calumint*, and *Columbine*, and ſteep all together the firſt day in the Urine of a man-child, that is between a day and a night; the ſecond day in *white wine*; the third day in the juyce of *Fennell*; the fourth day in the *whites* of *Egges*; the fift day in *womans milk* that nouriſheth a man-child; the ſixt in *red wine*; the ſeventh day in the *whites* of *Egges*; and upon the eight day bind all theſe together, and diſtill the water of them, and keepe this water in a veſſell of Gold or Silver: the vertues of this water, are theſe: Firſt, *It expelleth all Rhumes, and doeth away all manner of ſickneſſe from the eyes, and weares away the pearle, pin and web; it draweth againe into his own kind the eye-lids that have been bleared, it eaſeth the ache of the head, and if a man drink it, maketh*

him

*him look young, even in old age, besides a world of other most excellent vertues.*

6 Take the Gold-smiths stone, and put it into the fire, till it be red hot, and quench it in a pint of *white-nine*, and do so nine times, and after grind it, and beat it smal, and cleanse it as clean as you may, and after set it in the Sun, with water of *Fennell* distilled, and *Vervine*, *Roses*, *Celladine* and *Rew*, and a little *Aquavitæ*; and when you have sprinkled it in the water nine times, put it then in a vessell of glasse, and yet upon a reversion of the water distill it, till it passe over the touch foure or five inches; and when you will use it, then stirre it altogether, and then take up a drop with a feather, and put it on your naile, and if it abide, it is fine and good: then put it in the eye that runneth, or annoint the head with it if it ake, and temples, and believe it, that of all waters this is the most precious, and helpeth the sight, or any pain in the head.

The vertues of severall waters.

The water of *Chervile* is good for a sore mouth.

The water of *Calamint* is good for the stomack.

The water of *Planten* is good for the fluxe, and the hot dropsie.

Water of *Fennel* is good to make a fat body small, and also for the eyes.

Water of *Violets* is good for a man that is sore within his body, and for the reines, and for the liver.

Water of *Endive* is good for the dropsie, and for the Jaundise and the stomack.

Water of *Borage* is good for the stomacke, and for the *Iliaca passio*, and many other sicknesses in the body.

Water of both *Sages* is good for the Palsie.

Water of *Bettony* is good for old age, and all inward sicknesses.

Water of *Radish* drunk twice a day, at each time an ounce, or an ounce and a halfe, doth multiply and provoke Luſt, and alſo provoketh the tearmes in women.

*Roſemary-water* (the face waſhed therein both morning and night) *cauſeth a faire and cleare countenance*: alſo the head waſhed therewith, and let dry of it ſelf, preſerveth the falling of the haire, and cauſeth more to grow: alſo two Ounces of the ſame drunk, driveth Venome out of the Body in the ſame ſort as Methridate doth; the ſame twice or thrice drunk, at each time halfe an Ounce, rectifyeth the mother, and it cauſeth women to be fruitfull: *when one maketh a Bath of this Decoction, it is called the Bath of Life*: the ſame drunke, comforteth the heart, the braine, and the whole body, and cleanſeth away the ſpots of the face; it maketh a woman looke young, and cauſeth women to conceive quickly, and hath all the vertues of Balme.

Water of *Rew* drunk in a morning four or five dayes together, at each time an ounce, purifieth the flowers in women: the ſame water drunke in the morning faſting, is good againſt the griping of the bowels, and drunk at morning and at night, at each time an ounce, it provoketh the termes in women.

The water of *Sorrell* drunk, is good for all burning and peſtilent Fevers, and all other hot ſickneſſes: being mixt with Beere, Ale, or Wine, it ſlaketh the thirſt: it is alſo good for the *yellow Iaundiſe*, being taken ſixe or eight dayes together: it alſo expelleth from the liver, if it be drunk, and a cloath wet in the ſame, and a little wrung out, and ſo applied to the right ſide over againſt the Liver, and when it is dry, then wet another, and apply

apply it; and thus do three or four times together.

Lastly the water of *Angelica* is good for the head, for inward infection, either of plague or pestilence, it is very soveraign for sore Breasts; also the same water being drunke of twelve or thirteen dayes together, is good to unlade the stomack of grosse humours & superfluities, and it strengthneth and comforteth all the universall parts of the body: and lastly it is a most soveraign medicine for the gout, by bathing the diseased members much therein.

Now to conclude and knit up this chapter, it is meet that our houswife know that from the eight of the Kalends of the month of Aprill, unto the eight of the Kalends of July, all manner of hearbs and leaves are in that time most in strength and of the greatest vertue to be used and put in all manner of medicines, also from the eight of the Kalends of July, unto the eight of the Kalends of October, the stalkes, stems and hard branches of every hearb and plant is most in strength to be used in medicines; and from the eight of the Kalends of October, unto the eight of the Kalends of Aprill, all manner of roots of hearbs and plants are the most of strength and vertue to be used in al manner of medicines.

An excellent water for perfume.

To make an excellent sweet water for perfume, you shall take of Basill, Mints, Marjoram, Corn-flagge-roots, Issop, Savory, Sage, Balme, Lavender & Rosemary, of each one handfull, of Cloves, Cinamon and Nutmegs of each half an ounce, then three or four Pomcitrons cut into slices, infuse all these into Damaske-rose-water the space of three dayes, and then distill it with a gentle fire of Char-coale, then when you have put it into a very clean glasse, take of fat Muske, Civet,

and Amber-greece of each the quantity of a ſcruple, and put into a ragge of fine Lawn and then hang it within the water: This being either burnt upon a hot pan, or elſe boyled in perfuming pans with Cloves, Bay-leaves and Lemmon-pils, will make the moſt delicateſt perfume that may be without any offence, & will laſt the longeſt of all other ſweet perfumes, as hath been found by experience.

To perfume Gloves.

To perfume gloves excellently, take the oyl of ſweet Almonds, oyl of Nutmegs, oyl of Benjamin, of each a dramme, of Amber-greece one graine, fat Musk two graines: mixe them altogether and grind them upon a painters ſtone, and then annoint the gloves therewith: yet before you annoint them, let them be dampiſhly moiſtned with Damaske Roſe-water.

To perfume a Jerkin.

To perfume a Jerkin well, take the oyl of Benjamin a penny-worth, oyl of ſpike and oyl of Olives, half penny-worths of each, and take two ſpunges, and warm one of them againſt the fire and rub your jerkin therewith and when the oyl is dried take the other ſpunge and dip it in the oyl, and rub your jerkin therewith till it be dry, then lay on the perfume before preſcribed for gloves.

To make waſhing balls.

To make very good waſhing bals, take Storax of both kinds, Benjamin, Calamus Aromaticus, Labdanum of each a like; and bray them to powder with Cloves and Arras: then beat them all with a ſufficient quantity of Sope till it be ſtiff, then with your hand you ſhall work it like paſte, and make round bals thereof.

To make a Musk ball.

To make Muske balls, take Nutmegs, Mace, Cloves, Saffron and Cinamon, of each the waight of two-pence, & beat it to fine pouder, of Maſtick the waight of

of two-pence half-penny, of Storax the weight of six-pence; of Labdanum the weight of ten-pence; of Ambergreece the waight of six-pence; and of Musk foure graines, dissolve and worke all these in hard sweet sope till it come to a stiff paste, and then make bals thereof.

A perfume to burn.

To make a good perfume to burn, take Benjamin one ounce, Storax, Calamint two ounces, of Mastick white Ambergreece, of each one ounce, Iteos, Calamus, Aromaticus, Cypresse-wood, of each half an ounce, of Camphire one scruple, Labdanum one ounce; beat all these to pouder, then take of Salow Charcole six ounces of liquid Storax two ounces, beat them all with Aqua-vita, and then shall you role them into long round rolles.

To make Pomanders.

To make Pomanders, take two penny-worth of Labdanum two penny-worth of Storax liquid, one penny-worth of Calamus Aromaticus, as much Balme, halt a quarter of a pound of fine wax, of Cloves & Mace two penny-worth, of liquid Aloes three penny-worth, of Nutmegs eight peny-worth, and of Musk four graines; beat all these exceedingly together till they come to a perfect substance, then mould it in any fashion you please and dry it.

To make vinegar.

To make excellent strong vinegar, you shall brew the strongest Ale that may be, and having tunned it in a very strong vessell, you shal set it either in [illegible] garden or some other safe place abroad, where it may have the whole Summers day Sun to shine upon it, and there let it lie till it be extream sowre, then into a Hogshead of this Vinegar put the leaves of foure or five hundred Damaske Roses, and after they have layen for the space of a moneth therein: house the Vi-

negar and draw it as you need it.

To make dry vinegar. To make dry Vinegar which you may carry in your pocket you ſhall take the blacks of green Corn either Wheat or Rye, and beat it in a morter with the ſtrongeſt Vinegar, you can get, till it come to paſte, then role it into little balls, and dry it in the Sunne till it be very hard, then when you have occaſion to uſe it, cut a little piece thereof and diſſolve it in Wine, and it will make a ſtrong Vinegar.

To make verjuice, To make Verjuyce you ſhall gather your Crabs as ſoon as the Kernels turne black, and having layd them a while in a heap to ſweat together, take them and picke them from ſtalkes, blackes and rottenneſſe: then in long troughs with beetles for the purpoſe, cruſh and break them all to maſh: then make a bagge of courſe hair cloth as ſquare as the preſſe, and fill it with the cruſht Crabs, then put it into the preſſe, and preſſe it, while any moiſture will drop forth, having a clean veſſell underneath to receive the liquor: this done, tun it up into ſweet Hogſheads, and to every Hogſhead put halfe a dozen handfulls of Damaske Roſe leaves, and then bung it up, and ſpend it as you ſhall have occaſion.

Many other pretty ſecrets there are belonging unto curious *houſ-wifes*, but none more neceſſary then theſe already rehearſed except ſuch as ſhall hereafter follow in their proper places.

Additions to concelted ſecrets. To make ſweet powder for bagge. Take of Arras ſixe ounces, of Damask Roſe-leaves as much, of Marjerum and ſweet Baſill of each an ounce, of Cloves two ounces, yellow Saunders two ounces, of Citron pils ſeven drammes, of Lignum-aloes one ounce, of Benjamin on ounce, of Storaxe one ounce, of Muſk one dram: bruiſe all theſe, and put them

them into a bag of silk or linnen, but silk is the best.

Take of Arras four ounces, of Gallaminis one ounce, of Ciris half an ounce, of Rose-leaves dried two handfuls, of dried Marjoram one handfull, of Spike one handfull, Cloves one ounce, of Benjamin and Storax of each two ounces, of white Saunders & yellow of each one ounce beat all these into a grosse powder, then put to it Musk a dram, of Civet half a dram, and of Amber-greece half a dram; then put them into a Taffata-bagge and use it. *To make sweet bagges.*

Take of Bay-leave one handfull, of Red-roses two handfuls, of Damaske-Roses three handfuls, of Lavender foure handfulls, of Basill one handfull, Marjoram two handfuls, of Camomile one handfull, the young tops of sweet briar two handfuls, of Mandelion-tansey, two handfuls, of Orenge peels sixe or seven ounces of Cloves and Mace a groats worth: put all these together in a pottle of new Ale in cornes, for the space of three daies, shaking it every day three or four times then distill it the fourth day in a still with a continual soft fire and after it is distilled, put into it a grain or two of musk. *How to make sweet water.*

Take a quart of malmsey Lees, or a quart of malmsey simply, one handfull of Marjoram, of Basill as much, of Lavender four handfuls, bay leaves one good handfull, Damaske rose-leaves four handfuls, and as many of red, the peels of sixe Oranges, or for want of them one handfull of the tender leaves of walnut-trees, of benjamin half an ounce, of Calamus Aramaticus as much, of Camphire four drammes, of Cloves one ounce, of Bildamum half an ounce; then take a pottle of running water, and put in all these spices bruised into your water and malmsey together, in a close *A very rare & pleasant Damask-water.*

cloſe ſtopped pot with a good handfull of Roſemary, and let them ſtand for the ſpace of ſixe dayes: then diſtill it with a ſoft fire: then ſet it in the ſunne ſixteene dayes with four grains of Musk bruiſed. This quantity will make three quarts of water, *Probatum eſt.*

To make the beſt vinegar. Take and brew very ſtrong Ale, then take half a dozen gallons of the firſt running, and ſet it abroade to cool, and when it is cold put yeſt unto it, and head it very ſtrongly: then put it up in a ferkin, and diſtill it in the Sun: then take four or five handfull of Beanes, and parch them in a pan till they burſt: then put them in as hot as you can into the ferkin, and ſtop it with a little clay about the bung-hole: then take a handful of clean Ry Leaven and put in the ferkin; then take a quantity of Barberries, and bruiſe and ſtrain them into the Ferkin, and a good handfull of Salt, and let them lye and work in the Sun from *May* till *Auguſt*: then having the full ſtrength, take roſe leaves and clip the white ends off, and let them dry in the Sun; then take Elder-flowers & pick them, and dry them in the Sun, and when they are dry put them in baggs, and keep them all the Winter: then take a pottle-pot, and draw forth a pottle out of the ferkin into the bottle, and put a handful of the red roſe-leaves, & another of the Elder-flowers, & put into the bottle, and hang it in the Sun, where you may occupy the ſame, and when it is empty, take out all the leaves and fill it again as you did before.

To perfume Gloves. Take *Angelica* water and Roſe-water, and put into them the powder of Cloves, Amber-greece, Musk and Lignum Aloes, Benjamine and Callamus Aramatticus: boyle theſe till halfe be conſumed: then ſtraine it and put your Gloves therein; then hang them in the ſunne

sunne to dry, and turn them often: and thus three times wet them, and dry them again: or otherwise, take Rose-water and wet your Gloves therein, then hang them vp till they be almost dry; then take half an ounce of Benjamine, and grind it with the oyle of Almonds, and rub it on the Gloves till it be almost dried in: then take twenty graines of Amber-greece, and twenty graines of Muske, and grind them together with oyl of Almonds, and so rub it on the Gloves, and then hang them up to dry, or let them dry in your bosome, and so after use them at your pleasure.

## CHAP. 4.

*The ordering, preserving, and helping of all sorts of Wines, and first of the choice of sweet Wines.*

I Doe not assume to my self this knowledge of the Vintners secrets, but ingeniously confesse that one profest skilfull in the Trade, having rudely written, and more rudely disclosed this secret, & preferring it to the Stationer, it came to me to be published, which I have done knowing that it is necessary, &c.

It is necessary that our *English-hous-wife* be skillfull in the election, preservation and curing of all sorts of Wines, because they be usual charges under her hands, and by the least neglect must turne the Husband to much losse: therefore to speak first of the election of sweet Wines, she must be carefull that her Malmseys be full Wines, pleasant, well hewed and fine: that Bastard be fat, and if it be tawny it skils not, for the tawny Bastards be alwaies the sweetest. Muskadine must be great, pleasant, and strong with a sweet scent, and with Amber-colour. Sack if it be Seres (as it should bee) you

you ſhall know it by the marke of a corke burned on one ſide of the bung, and they be ever full gage, and ſo are no other Sackes, and the longer they lye, the better they be.

To make Muſkadine and give it a flaver

Take a pleaſant But of Malmſey, and draw it out a quarter and more; then fill it up with fat Baſterd within eight gallons, or thereabouts, and parill it with ſixe egges, yelkes and all, one handfull of Bay-ſalt, and a pint of conduit water to every parill, and if the Wine be high of colour, put in three gallons of new milke, but skimme off the Creame firſt, and beat it well, or otherwiſe, if you have a good But of Malmſey, and a good pipe of Baſtard, you muſt take ſome empty But or pipe; and draw thirty gallons of Malmſey, and as many of Baſtard; and beat them well together: and when you have ſo done take a quarter of a pound of ginger and bruiſe it, and put it into your veſſel; then fill it up with Malmſey & Baſtard: Or otherwiſe thus, if you have a pleaſant But of Malmſey, which is called Ralt-mow, you may draw out of it forty gallons, and if your Baſtard be very faint, then thirty gallons of it will ſerve to make it pleaſant: then take four gallons of new milk, and beat it and put it into it when it lacketh of twelve gallons of ful, and then make your flaver.

How to flaver Muskadine.

Take one ounce of Collianders, of Bay-ſalt, of Cloves, of each as much, one handfull of Savory: let all theſe be blended, and bruiſed together, and ſow them cloſe in a bagge, and take half a pint of Damaſk-water, and lay your flaver into it, and then put it into your But, and if it fine, give it a parill and fill it up, & let it lie till it fine: or elſe thus, take Coliander roots a penny-worth, one pound of Aniſeeds, one peny-worth in

Ginger

*Ginger*, bruiſe them together, and put them into a Bag as before and make your Bag long and ſmall, *that it go in and out at the Bung-hole*, and when you doe put it in, faſten it with a thread at the Bung: then take a pint of the ſtrongeſt *Damask-water*, and warme it luke-warme, then put it into the But, and then ſtop it cloſe for two or three dayes at leaſt, and then, if you pleaſe, you may ſet it abroach.

To apparell Muskadine when it comes new to be fined in twenty four hours.

Take ſeven whites of new laid Egges, two handfuls of *Bay-ſalt*, and beat them well together, and put therein a pint of Sacke or more, and beate them till they be as ſhort as ſnow; then over-draw the But ſeven or eight Gallons, and beat the Wine, and ſtirre the Lees, and then put in the parell, and beate it, and ſo fill it up, and ſtop it cloſe, and draw it on the morrow.

To make white baſtard.

Draw out of a Pipe of *Baſtard* ten Gallons, and put it to five Gallons of new milk, and skim it as before, and all to beat it with a paril of eight whites of Egges, and a handfull of *Bay ſalt*, and a pint of *Conduit-water*, and it will be white and fine in the morning. But if you wil make very fine *Baſtard*, take a *white-wine Hogs-head* and put out the Lees, and waſh it clean, and fill it halfe full, and half a quarter, and put to it four Gallons of *new milk*, and beat it well with the whites of ſix Egges, and fill it up with *white-wine* and *Sack*, and it will bee white and fine.

How to help baſtard being eager.

Take two Gallons of the beſt ſtoned honey, and two Gallons of *White-wine*, and boyl them in a faire pan, skim it clean, and ſtrein it thorow a faire cloath, that there be no moats in it: then put to it one ounce of *Colianders*, and one ounce of *Anniſeeds*, foure or five *Orenge-pills* dry and beaten to powder; let them lye three dayes: then draw your *Baſtard* into a clean pipe

then

then put in your honey with the reſt, and beat it well: then let it lye a week, and touch it not, after draw it at your pleaſure.

To make baſtard white, and to rid away Laggs.

If your *Baſtard* be fat and good, draw out forty gallons, then you may fill it up with the lags of any kind of white wines or Sackes; then take five gallons of new Milke, and firſt take away the Creame; then ſtreine it thorow a cleane cloath, and when your pipe is three quarters full put in your milk; then beat it very well, and fill it ſo, that it may lacke fifteen Gallons, then aparell it thus: take the whites only of ten Egges, and beat them in a fair tray with *Bay ſalt* and *Conduit water*; then put it into the pipe and beat it well, and ſo fill it up, and let it ſtand open all night: and if you will keep it any while, you muſt on the morrow ſtop it cloſe, and to make the ſame drink like *Oſſey*, give it this flaver: Take a pound of *Anniſeeds*, two pence in *Coliander*s, two pence in *Ginger*, two pence in *Cloves*, two pence in *Graines*, two pence in long *Pepper*, and two pence in *Licoras*; bruiſe all theſe together: then make two bags of linnen cloth, long and ſmall, and put your ſpices into them, and put them into the pipe at the bung, making them faſt there with a thread, that it may ſink into the Wine, then ſtop it cloſe, and in two dayes you may broach it.

A remedy for baſtard if it prick.

Take and draw him from his lees, if he have any, and put the wine into a *Malmſey But* to the Lees of *Malmſey*; then put to the *Baſtard* that is in the *Malmſey* But, nigh three gallons of the beſt *Woort* of a freſh tap, and then fill him up with *Baſtard* or *Malmſey*, or *Cute*, if you will; then aparell it thus: Firſt, *Parell him, and beate him with a ſtaffe, and then take the whites of foure new laid Egges, and beat them with a handfull of ſalt till it*

*be*

*be as ſhort as Moſſe, and then put a pint of running water therein, and ſo fill the pipe up full, and lay a little ſtone on the bung, and ſet it abroach within four and twenty hours, if you will.*

If you have a good But of *Malmſey*, and a But or two of Sack that will not be drunk: for the Sack prepare ſome empty But or Pipe, and draw it more than halfe full of Sacke: then fill it up with *Malmſey*, and when your But is full within a little, put into it three gallons of Spaniſh *Cute*, the beſt that you can get; then beate it well, then take your toſter, and ſee that it be deepe coloured; then fill it up with Sack, and give it aparell, and beat it well; the aparell is this: Take the yelkes of ten Egges, and beate them in a clean Baſon with a handfull of *bay-ſalt*, and a quart of *Conduit-water*, and beat them together with a little piece of *birch*, and beat it till it be as ſhort as *Moſſe*, then draw five or ſix gallons out of your But; then beate it again, and then fill it up, and the next day it will be ready to be drawne: this aparell will ſerve both for *Muskadine*, *Baſtard*, and for Sack.

If you have two principall Buts of *Malmſey*, you may make three good Buts with your Lagges of Claret and Sacke, if you put two Gallons of red Wine in a But, it will ſave the more *Cute*: then put two or three Gallons of *Cute*, as you ſee cauſe; and if it be Spaniſh *Cute*, two Gallons will goe further then five gallons of Candy *Cute*, but the Candy *Cute* is more naturall for the *Malmſey*: alſo one But of good *Malmſey*, and a But of Sack that hath loſt his colour, will make two good Buts of *Malmſey*, with the more *Cute*; and when you have fil'd your buts within twelve gallons, then put in your *Cute*, and beat it half an houre

To ſhift Malmſey and to rid away ill wines.

hour and more: then put in your parell and let it lye.

If ſack want his colour. First, parell him as you did the *Baſtard*, and order him as ſhall be ſhewed you for the *white wine* of *Gaſcoign* with *milk*, and ſo let him abroach.

For ſack that is tawny. If your *Sack* have a ſtrong Lee or taſte, take a good ſweet But, fair waſhed, and draw your *Sack* into it, and make unto it a parell as you do to the *Baſtard*, and beat it very well, and ſo ſtop up your But: and if it be tawny, take three gallons of *new milk*, and ſtrein it clean, and put it into your *Sacke*, then beat it very well, and ſtop it cloſe.

For Sack that doth rape and is brown. Take a fair empty But with the Lees in it, and draw your *Sacke* into the ſame from his Lees fine: then take a pound of *Rice flower*, as fine as you can get, and foure grains of *Camphire*, and put it into the *Sacke*; and if it will not fine, give it a good parell, and beat it well: then ſtop it and let it lye.

To colour Sack or any white wine. If any of your *Sackes* or *White-wines* have loſt their colour, take three Gallons of *new milk*, and take away the Creame: then over-draw your wine five or ſixe gallons, then put in your *milke* and beat it; then lay it a fore-taree all night, and in the morning lay it up, and the next day (if you will) you may ſet it abroach.

If Alligant be growne hard. Draw him out into freſh Lee, and take three or four gallons of *ſtone-honey* clarified, and being coole, put it in, and parell it with the yelkes of four Egges, whites and all, and beat it well, and fill it up, and ſtop it cloſe, and it will be pleaſant and quick, as long as it is in drawing.

For Alligant that is ſower. Take three Gallons of white Honey, and two gallons of red Wine, boyle them together in a faire pan, and skim it cleane, and let it ſtand till it be fine and cold, then put it into your Pipe: yet nothing but the fineſt; then

then beat it well, and fill it up, and ſtop it cloſe, and if your Alligant be pleaſant and great, it will doe much good, for the one Pipe will rid away divers.

How to order Reniſh wiue

There are two ſorts of Reniſh wines, that is to ſay, *Elſtertune* and *Barabant*: the *Elſtertune* are the beſt, you ſhal know it by the Fat, for it is double bard, and double pinned; the *Barabant* is nothing ſo good, and there is not ſo much good to be done with them as with the other. If the wines be good and pleaſant, a man may rid away a hogſhead or two of VVhite wine, and this is the moſt vantage a man can have by them: and if it be ſlender and hard, then take three or four gallons of ſtone-honey, and clarifie it cleane; then put into the honey, four or five gallons of the ſame wine, and then let it ſeeth a great while, & put into it it two pence in Cloves bruiſed, let them ſeeth together, for it will take away the ſent of honey, and when it is ſodden take it off, and ſet it by, till it be thorow cold; then take four gallons of milk and order it as before, and then put all into your wine, and all to beat it; and (if you can) role it, for that is the beſt way; then ſtop it cloſe, and let it lye, and that will make it pleaſant.

Of what countries wines are by ther names.

The VVines that be made in *Burdeaux* are called *Gaſcoine* VVine, and you ſhall know them by their hazell hoopes, and the moſt be full gadge and ſound VVines.

The VVines of the high countryes, and which is called hy-country wines, are made ſome thirty or fourty miles beyond *Burdeaux*, and they come not downe ſo ſoon as the other; for if they doe, they are all forfeited, and you ſhall know them ever by their hazell hoopes, and the length gadge lacks.

Then have you VVines that be called *Galloway*, both in Pipes and Hogſheads, and be long, and lackes

two Ceſternes in gadge and a half, and the wines themſelves are high coloured. Then there are other Wines which is called white Wine of *Angulle*, very good Wine, and lackes little of gadge, and that is alſo in pipes for the moſt part, and is quarter bound. Then there are *Rochell* wines, which are alſo in pipes long and ſlender: they are very ſmall hedge-wines, ſharp in taſte, and of a pallad complexions. Your beſt Sacke are of *Seres in Spain*, your ſmaller of *Galicia* and *Portugall*: your ſtrong Sackes are of the Iſlands of the *Canaries*, and of *Malligo*, and your Muskadine and Malmſeyes are of many parts of *Italy*, *Greece*, and ſome ſpecial Iſlands.

Every Terſe is in depth the middle of the knot in the midſt.

Notes of gadging of wines, oyles, and liquors.

The depth of every Hogſhead is the fourth pricke above the knot.

The depth of every Puncheon is the fourth prick next to the punchener.

The depth of every Sack-but is the four prickes next to the puncheon.

The depth of the half Hogſhead is at the loweſt notch, and accounted one.

The depth of the half Terſe is at the ſecond notch, and is accounted two.

The depth of the half Hogſhead and half pipe, is at the third notch, and accounted three.

The depth of the halfe But is at the fourth notch, and is accounted four.

1. The first gage is marked thus.

The marks of gadging.

2 The half Sestern lacketh, thus.

3 The whole Sestern lacketh, thus.

4 The Sestern and half lag.

5 The two Sesternes, thus.

6 The two and a half Sesterns, thus.

The contents of all manner of Gaſcoine VVine, and others.

A But of Malmſey if he be full gadge, is one hundred and twenty ſix gallons.

And ſo the tun is two hundred and fifty two gallons.

Every Seſterne is three gallons.

If you ſell for twelve pence a gallon, the tun is twelve pound, twelve ſhillings.

And Malmſey and Reniſh wine at ten pence the gallon is the tun ten pound.

Eight pence the gallon is the tun eight pounds.

Six pence the gallon is the tun ſix pounds.

Five pence the gallon is the tun five pounds.

Four pence the gallon is the tun four pounds.

Now for Gaſcoine wine, there goeth foure hogſheads to a tun, and every hogſhead is ſixty three gallons, the two hogſheads are one hundred twenty ſix gallons, and four hogſheads are two hundred fifty two gallons; and if you ſell for eight pence the gallon, you ſhall make of the tun eight pounds, and ſo forth looke how many pence the gallons are, and ſo many pounds the tun is.

Now for Baſtard it is at the ſame rate, but it lacketh of gadge two Seſternes and a half, or three at a pipe, and then you muſt abate ſix gallons of the price, and ſo in all other wines.

To chuſe Gaſcoyne wines.

See that in your choiſe of Gaſcoine wines, your obſerve, that your Clarret wines be faire coloured, and bright as a Rubie, not deep as an Amethyſt; for though it may ſhew ſtrength, yet it wanteth neatneſſe: alſo let it be ſweet as a Roſe or a Violet, and in any caſe let it be ſhort; for if it be long, then in no caſe meddle with it.

For your white wines, ſee they be ſweet and pleaſant at the noſe, very ſhort, clear and bright and quick in the taſte.

Laſtly for your Red wine, provided that they be deep coloured and pleaſant, long, and ſweet, and if in them or Clarret wines be any default of colour, there are remedies enow to amend and repair them.

If your Claret wine be faint, and have loſt his colour; then take a freſh Hogſhead with his freſh Lees which was very good wine, & draw your wine into the ſame; then ſtop it cloſe and tight, and lay it a foretake for two or 3 dayes that the Lees may run through it; then lay it up till it be fine, and if the colour be not perfit, draw it into a red wine hogſhead, that is new drawn with the Lees, and that will colour of himſelf, and make him ſtrong; or take a pound of Tournſoll or two, and beate it with a gallon or two of wine, and let it lye a day or two; then put it into your hogſhead, draw your Wine again, and waſh your cloths; then lay it a foretake all night, and roule it on the morrow; then lay it up, and it will have a perfit colour. To remedy Clarret wine that hath loſt his colour.

And if your Clarret wine have loſt his colour, take a peny worth of Damſens, or elſe black Bulleſſes, as you ſee cauſe, and ſtew them with ſome red wine of the deepeſt colour, and make thereof a pound or more of ſirrup, and put it into a clean glaſſe, and after into the hogſhead of Claret wine; and the ſame you may likewiſe do unto red wine if you pleaſe.

And if your white wine be faint, and have loſt his colour, if the wine have any ſtrength in it, take to a hogſhead ſo much as you intend to put in, out of the ſaid milk, and a handfull of Rice beaten very well, and a little ſalt, and lay him a foretake all night, and on the morning lay him up again, and let it abrach in anywiſe the next wine you ſpend, for it will not laſt long. A remedy for white wine that hath loſt his colour.

Take three Gallons of new milk, and take away the

For white wine that hath lost his colour.

Cream off it; then draw five or six gallons of wine, and put your milk into the hogshead, and beat it exceeding well, then fill it up; but before you fill it up, if you can, roule it, and if it be long and small, take halfe a pound of Roche Allum finely beaten into powder, and put into the vessel and let it lie.

A remedy for clarret that drinks foule.

Take and draw it into new lees of the one nature, and then take a dozen of new pippins, and pare them, & take away the chores, and then put them in, and if that will not serve, take a handfull of the Oak of Jerusalem, and stamp it, then put it into your wine, and beat it exceeding well, and it will not only take away the foulnesse, but also make it have a good sent at the nose.

If your red wine drink faint, then take a hogshead that Allegant hath been in with the lees also, and draw your wine into it, and that will refresh it well, and make the wine wel coloured, or otherwise draw it close to fresh lees, and that will recover it again, and put to it three or foure gallons of Allegant, and turn it on his lees.

If your red wine lack colour, then take out four gallons, and put in four gallons of Allegant, and turn him on his lees, and the bung up, and his colour will return and be fair.

Take a good But of Malmsey, and overdraw it a quarter or more, and fill him up with fat Bastard, and with Cute a gallon and more, then parrell him as you did your Malmsey.

Malmsey compleat, hath lost his colour.

You shall in all points dresse him, as you did dresse your Sack, or white wine in the like case, and parrell him, and then set him abroach: And thus much touching wines of all sorts, and the true use and ordering of them so far forth as belongeth to the knowledge and profit of our English House-wife.

CHAP.

## CHAP. 5.

### *Of Wooll, Hempe, Flaxe and Cloth, and dying of Colours, of each severall substance, with all the knowledges belonging thereto.*

OUr *English Houf-wife* after her knowledge of preserving and feeding her Family, must learn also how out of her owne indeavours, she ought to cloath them outwardly and inwardly for defence from the cold and comelinesse to the person; and inwardly, for cleanlinesse and neatnesse of the skin whereby it may bee kept from the filth of sweat or vermine; the first consisting of woollen cloth, the latter of linnen.

Of making woolen cloth.

To speak then first of the making of woollen cloth, it is the office of a Husbandman at the sheering of his sheep, to bestow upon the Houf-wife such a competent proportion of *wool*, as shall be convenient for the clothing of his family, which *wool* as soon as she hath received it, she shall open, and with a pair of sheeves (the fleece lying as it were whole before her) she shall cut away all the course locks, pitch, brands tar'd locks, and other feltrings, and lay them by themselves for course Coverlids, or the like: then the rest so clensed, she shal break into pieces, and tose it every lock by lock, that is, with her hands open, and so divide the wool, as not any part thereof may be feltred or close together, but all open and loose, then so much of the Wooll as shee intends to spin white, shee shall put by it selfe, and the rest which she intends to put into colours she shall waigh up, and divide into severall quantities, accor-

ding to the proportion of the web which she intends to make, & put every one of them into particular bags made of netting, with talies or little pieces of wood fixed unto them, with privy markes thereon both for the weight, the colour, and the knowledge of the same wool when the first colour is altred: this done, she shall if she please send them unto the *Diers*, to be died after her own fancy; yet for as much as I would not have our *English House-wife* ignorant in any thing meet for her knowledge, I will shew her here before I proceed any further, how she shall dye her wooll her selfe into any colour meet for her use.

To dye wool black. First then to dye *wooll* black, you shall take two pound of Gals, and bruise them, then take half so much of the best green Coperas, and boyl them both together in two gallons of running water: then shall you put your *wooll* therein and boyl it, so done, take it forth and dry it.

To dye wool of a haire colour. If you will dye your *wooll* of a bright hair colour: first boyl your *wooll* in Allum and Water; then take it forth, and when it is cold, take Chamber-lye and chimney-foot, and mixing them together well, boyle your *wooll* again therein, and stirre it exceeding well about, then take it forth, and lay it where it may conveniently dry.

To dye wool red. If you would dye your *wooll* into a perfect red colour, set on a pan full of water, when it is hot put in a peck of Wheat bran, and let it boyle a little; then put it into a tub, and put twice as much cold Water unto it, and let it stand untill it be a week old: having done so, then shall you put to ten pounds of *wooll* a pound of Allum, then heate your liquor againe, and put in your Allum, and so soone as it is melted, put in your *Wooll* and

and let it boyl the ſpace of an hour: Then take it again, and then ſet on more Bran and Water.

Then take a pound of Madder, and put in your Madder when the liquor is hot: when the Madder is broken put in the *wooll* and open it, and when it commeth to be very hot, then ſtir it with a ſtaffe, and then take it out and waſh it with fair water; then ſet on the pan again with fair water, and then take a pound of Saradine back, and put it therein, and let it boyle the ſpace of an Egge ſeething; then put in the *wooll*, and ſtirre it three or foure times about, and open it well, after dry it.

To dye *Wooll* blew, take good ſtore of old chamber-lye, and ſet it on the fire; then take half a pound of blew Neale, Byſe or Indico, and beat it ſmall in a Morter, and then put it into the Lye, and when it ſeethes put in your *wooll*. To dye wool blew.

To dye *Wooll* of a puke colour, take Galles, and beate them very ſmall in a Morter, put them into faire ſeething Water, and boyle your *Wooll* or your Cloth therein, and boyle them the ſpace of halfe an houre: then take them up, and put in your Copheras into the ſame Liquor: then put in your Wooll again, and doing this once or twice, it will bee ſufficient. To dye a puke.

And if you will dye your *Wooll* of a Sinder colour, which is a very good colour, you ſhall put your red *wool* into your puke liquor; and then it will faile leſſe to be of a Sinder colour. To dye a Sinder colour.

If you will dye your *Wooll* either greene or yellow, then boyle your Woodward in a faire Water, then put in your Wooll or Cloth, and the Wooll which you To dye green or yellow.

you put in white, will bee yellow, and that *wool* which you put in blew will be green, and all this with one liquor: provided that each be first boyled in Allom.

When you have thus dyed your *wool* into those several colours meet for your purpose, and have also dryed it well; then you shall take it forth, and toase it over again as you did before: for the first toasing was to make it receive the colour or dye: this second is to receive the oyl, and make it fit for spinning; which as soon as you have done, you shal mixe your colours together, wherein you are to note that the best medly is that which is compounded of two colours only, as a light colour and a dark: for to have more is but confusion, and breeds no pleasure but distraction to the sight: *therefore for the proportion of your mixtures, you shall ever take two parts of the darker colour, and but a third part of the light.* As for example, *your web contains 12 pound, and the colours are red and green: you shall then take eight pound of the green wool, and but four pound of the red, and so of any other colours where there is difference in brightnesse.*

The mixing of colours.

But if it be so that you will needs have your cloth of three *Colours*, as of two darke and one light, or two light and one dark: As thus, you will have Crimson, Yellow, and Puke; you shall take of the Crimson and yellow of each two pound, and of the Puke 8 pound: for this is two light colours to one darke; but if you will take a Puke, a green and an orenge tawny, which is two dark, and one light; then you shal take of the puke and green, and the orenge tawny of each a like quantity: that is to say, of either four pounds, when you have equally divided your *portions*, then you shall spread upon the ground a sheet, and upon the same first lay a thin

Making of three colours.

thin layr or bed of your darker colour, all of one even thickneſſe: then upon the ſame layr, lay another much thinner of the brighter quantity, being ſo neere as you gueſſe it, hardly half ſo much as the darker: then cover it over with another layr of the ſaid colour or colours again; then upon it another of the bright again: And thus lay layr upon layr till all your wooll be ſpread: then begining at one end to role up round and hard together the whole bed of *wool*; and then cauſing one to kneel hard upon to roule, that it may not ſtir nor open, with your hands toaſe and pull out all the *wool* in ſmal pieces: And then taking a paire of Stock-cards ſharpe and large, and bound faſt to a forme, or ſuch like thing, and on the ſame Combe, and Card over all the Wooll till you ſee it perfectly and undiſtinctly mixed together, and that indeed it is become one intire colour of divers without ſpots, or undivided lockes or knots; in which doing you ſhall be very carefull and heedfull with your eye: and if you find any hard knot or other felter in the Wooll, which will not open, though it be never ſo ſmall, yet you ſhall picke it out, and open it, or elſe being any other fault, caſt it away: for it is the greateſt Art in Houſe-wifery to mixe theſe Wools aright, and to make the Cloth without blemiſh

Your *wool* being thus mixed perfectly together, you ſhall then oyle it, or as the plain *Houſe-wife* tearmes it, greaſe it: In this manner being laid in a round flat bed you ſhal take of the beſt Rape oyle, or for want thereof either wel rayd red Gooſe greaſe, or Swines greaſe and having melted it with your hand ſprinkle it all over your *wool*, & work it very well into the ſame: then turne your *wool* about, and doe as much on the other ſide

Of the oyling of wool.

ſide, till you have oyled all the wooll over, and that there is not a locke which is not moyſtened with the ſame.

the quantity of Oyl. Now for as much as if you ſhall put too much oyle upon the *wooll*, you may thereby doe great hurt to the web, and make that the thread will not draw, but fall into many pieces: you ſhall therfore be ſure at the firſt to give it little enough: and taking ſome thereof, prove it upon the wheel: And if you ſee it drawes dry, and breaketh, then you may put more oyl unto it; but if it draw wel, then to keep it there without any alteration: but becauſe you ſhall be a little more certaine in the truth of your proportions, you ſhall know, that three pound of greaſe or oyle, will ſufficiently annoint or greaſe ten pounds of wooll: and ſo according to that proportion, you may oyl what quantity you will.

Of tumming wool. After your wooll is oyl'd and annointed thus, you ſhall then tum it, which is, you ſhal put it forth as you did before when you mixe it, and card it over againe upon your Stock-cards: and then thoſe cardings which you ſtrike off, are called tummings, which you ſhal lay by, till it come to ſpinning There be ſome *Houſ-wives* which oyl it as they mixe it, and ſprinkle every layr as they lay it, and work the oyl well into it: and then rouling up as before ſaid, pull it out, and tumme it; ſo that then it goeth but once over the Stock-cards, which is not amiſſe: yet the other is more certain, though ſomewhat paintull.

Of ſpinning wool. After your wooll is thus mixed, oyled and tummed, you ſhall then ſpin it upon great wooll-wheeles, according to the order of good *Houſewifery*: the action whereof muſt be got by practiſe, and not relation; only this you ſhall be carefull, to draw your thread according

ding to the nature and goodneſſe of your wooll, not according to your particular deſire: for if you draw a fine thread from a wooll which is of a courſe ſtaple, it will want ſubſtance when it comes to the walke-mill, and either there beate in pieces, or not being able to bed, and cover the threads well, be a cloth of a very ſhort laſting, So likewiſe if you draw a courſe thread from a VVooll of a fine Staple, it will then ſo much overthick, that you muſt either take away a great part of the ſubſtance of your wooll in flocks; or elſe let the cloth weare courſe, and high, to the diſgrace of the good Houſ-wifery, and loſſe of much cloth, which elſe might have beene ſaved.

*The diverſities in ſpiuning.*

Now for the diverſities of ſpinning, although our ordinary Engliſh houſe-wife make none at all, but ſpin every thread alike, yet the better experienſt make two manner of ſpinnings, and two ſorts of thread; the one they call warp, the other weft, or elſe wooffe; warpe is ſpunne cloſe, round and hard twiſted, being ſtrong and well ſmoothed, becauſe it runnes through the fleies, and alſo endureth the fretting and beating of the beame, the weft is ſpunne open, looſe, hollow, and but halfe twiſted; neither ſmoothed with the hand, nor made of any great ſtrength, becauſe it but only croſſeth the warpe, without any violent ſtraining, and by reaſon of the ſoftneſſe thereof, beddeth cloſer, and covereth the warp ſo well, that a very little beating in the Mill, bringeth it to perfect cloth: and though ſome hold it elſe ſubſtantiall then the web, which is all of twiſted yarne, yet experience findes they are deceived, and that his open weft keepes the cloth longer from fretting and wearing.

After the ſpinning of your wooll, ſome Houſe-wifes uſe

winding of woollen yarn.

use to winde it from the broch into round clewes for more ease in the warping, but it is a labour may very well be saved, and you may as well warpe it from the broch as from the clew, as long as you know the certain waight, for by that only you are to be directed in all manner of cloth walking.

Of warping cloth.

Now as touching the warping of cloth, which is both the skill and action of the Weaver, yet must not our *English Housewife* be ignorant therein, but though the doing of the thing be not proper unto her, yet what is done must not be beyond her knowledge, both to bridle the falshood of unconscionable Work-men, and for her own satisfaction, when she is rid of the doubt of anothers evill doing. It is necessary then that shee first cast by the waight of her wooll, to know how many yards of cloth the Web will arise: for if the Wool be of a reasonable good staple, and well spun, it will run yard and pound, but if it be course, it will not runne so much.

Now in your warping also, you must look how many pounds you lay in your warpe, and so many you must necessarily preserve for your weft: for House-wifes say the best cloth is made of even and even; for to drive it to greater advantage is hurtfull to the Cloth: There be other observations in the warping of Cloth; as to number your portusses, and how many goes to a yard; to looke to the closeneese, and filling of the sleie, and such like, which sometimes hold, and sometimes faile, according to the art of the Workman; and therefore I will not stand much upon them, but refer the House-wife to the instruction of her own experience.

Now after your Cloth is thus warped, and delivered up

up into the hands of the Weaver; the *Houſe-wife* hath finiſht her labour: for in the Weaving, walking, and dreſſing thereof, ſhe can challenge no property more, then to intreat them ſeverally to diſcharge their duties with a good conſcience; that is to ſay, that the VVeaver weave cloſe, ſtrong, and true, that the VValker or Fuller mill it carefully, and looke well to his ſcowring Earth, for fear of beating holes into the Cloth; and that the Clothworker, or Sheer-man burle and dreſſe it ſufficiently, neither cutting the wooll too unreaſonable high, whereby the cloth may not weare rough, nor too low, leaſt it appear thread-bare ere it come out of the hands of the Taylor. Of weaving cloth, walking and dreſſing it.

Theſe things fore-warn'd and performed, the Cloth is then to be uſed at your pleaſure.

The next thing to this, which our *Engliſh Houſe-wife* muſt be skilfull in, is in the making of all ſorts of linnen cloth, whether it be of hemp or flax, or from thoſe two only this is the moſt principall cloth derived, and made both in this, and in other Nations. Of linnen cloth.

And firſt touching the Soyle fitteſt to ſowe Hempe upon, it muſt be a rich mingle earth of Clay and Sand, or Clay and Gravell well tempered: and of theſe the beſt ſerveth beſt for that purpoſe, for the ſimple clay, or the ſimple Sand are nothiug ſo good; for the firſt is too tough, too rich, and too heavy, bringeth forth all Bun, and no Rind; the other is too barren, too hot, and too light, and bringeth forth ſuch ſlender withered increaſe, that it is nothing neere worth the labour: briefly then the beſt earth is the beſt mixt ground which *Husband-men* call the red hazell ground, being well ordered and manured: and of this earth a principall place to ſowe *Hempe* on, is in old Stacke-yards, or other The ground beſt to ſowe hempe on.

places

places kept in the winter time for the laire of sheep or cattle, when your ground is either scarse, or formerly not imployed to that purpose: but if it be where the ground is plenty, and onely used thereunto, as in Holland, in Lincolneshire, the Isle of Axom, and such like places, then the custome of the Country will make you expert enough therein: there be some that wil preserve the endes of their corne lands, which but upon grasse to sow hempe or flaxe thereon, and for that purpose will manure it well with sheep: for whereas corne which buttreth on grasse hads, where cattle are teathered is commonly destroyed, and no profit issuing from a good part thereof; by this meanes, that which is sowen will be more safe and plentifull, and that which was destroyed, will beare a commodity of better value.

The tillage of the ground.

Now for the tillage or ordering of the ground where you sow Hempe or Flax, it would in all points be like unto that where you sow Barley, or at the least as often broke up, as you do when you sow fallow wheat, which is thrice at least, except it be some very mellow, and ripe mould, as stacke-yards, and usuall hempe-lands be, and then twice breaking up is sufficient: that is to say, about the latter end of February, and the latter end of April, at which time you shal sow it: and herein is to be noted, that you must sow it reasonable thicke with good sound and perfect seed of which the smoothest, roundest, and brightest with least dust in is best: you must not lay it too deepe in the earth, but you must cover it close, light, and with so fine a mould as you can possible breake with your harrowes, clotting-beetles, or sleighting: then till you see it appeare above the earth, you must have it exceedingly carefully tended, especially a hour

hour or two before the Sun rise, and as much before is set, from Birds and other Vermine, which wil otherwise pick the seed out of the earth, and so deceive you of your profit.

Of weeding of hempe and flaxe.

Now for the weeding of hemp, you may save the labour, because it is naturally of it selfe swift of growth, rough, and venomous to any thing that grows under it, and will sooner of its owne accord destroy those unwholesome weeds then by your labour: But for your Flax or line which is a great deale more tender, and of harder increase, you shall as occasion serveth weed it, and trim it, especially if the weeds overgrow it, but not otherwise: for if it once get above the weeds, then it will save it self.

The pulling of hemp or flax.

Touching the pulling of Hempe or Flaxe, which is the manner of gathering of the same: you shall understand that it must be pulled up by the roots, and not cut as Corn is, either with sithe or hook: and the best time for the pulling of the same is, when you see the leaves fall downward, or turn yellow at the tops, for that is full ripe, and this for the most part will be in *Iuly*, and about *Mary Maudlins* day. I speake now touching the pulling of hemp for cloth: but if you intend to save any for seed, then you shal save the principall buns, and let them stand till it be the latter end of *August*, or some times till mid *September* following: and then seeing the seed turned broune and hard, you may gather it, for if it stand longer, it will shed suddenly: As for Flaxe, which ripeneth a little after the hemp, you shall pull it as soon as you see the seed turn brown, and bend the head to the earthward, for it will afterward ripen of it self as the bun drieth.

Now for the ripening and seasoning of hempe or

Flax, you ſhall ſo ſoon as you have pulled it, lay it all along flat, and thin upon the ground, for a day and a night at the moſt, and no more; and then as *Houſ-wives* call it, tie it up in baites, and rear them upright till you can conveniently carry it to the water, which would be done as ſpeedily as may be. Now there be ſome which ripen their Hemp and Flaxe upon the ground where it grew, by letting it lye thereon to receive dewes and rain, and the moyſtneſſe of the earth, till it be ripe: but this is a vile and naughty way of ripening, it making the hemp or flax black, rough, and often rotten: therefore I would wiſh none to uſe it, but ſuch as neceſſity compelleth thereunto, and then to be carefull to the often turning thereof, for it is the ground onely which rots it.

The watering of Hempe or flaxe.

Now for the watering of the Hemp or Flax, the beſt water is the running ſtreame, and the worſt the ſtanding pit, yet becauſe Hemp is a poyſonous thing, and infecteth the water, and deſtroyeth all kind of fiſh, it is more fit to imploy ſuch pits and ditches as are leaſt ſubject to annoyance, except you live neer ſome great broad and ſwift ſtreame, and then in the ſhallow parts thereof you may water without danger: touching the manner of the watering therof, you ſhall according to the quantity knock foure or ſixe ſtrong ſtakes into the bottome of the water, and ſet them ſquare-wiſe, then lay your round baits or bundles of Hempe down under the water, the thicke end of one bundle one way, and the thicke ends of another bundle another way; and ſo lay bait upon bait, till you have laid in all, and that the water covereth them all over; then you ſhall take over-lyers of wood, & binding them overthwart to the ſtakes, keepe the Hempe downe cloſe, and eſpecially

cially, at the foure corners; then take great ſtones, gravell, and other heavy rubbiſh, and lay it betweene, and over the over-lyers, and ſo cover the Hemp cloſe, that it may by no meanes ſtirre, and ſo let it continue in the water foure daies & nights, if it be in a running water, but if it be in a ſtanding water, then longer, and then take out one of the uppermoſt baites and waſh it; and if in the waſhing you ſee the leaf come off, then you may bee aſſured the Hempe is watered enough: as for Flax, leſſe time will ſerve it, and it will ſhead the leafe in three nights.

The time it ſhal lie in water.

When your Hempe or Flax is thus watered enough, you ſhal take off the gravel, ſtones, over-lyers of wood and unloſing it from the ſtakes, take and waſh out every bait or bundle ſeverally by it ſelf, and rub it exceeding clean, leaving not a leafe upon it, nor any filth within it; then ſet it upon the dry earth upright, that the water may drop from it, which done, load it up, and carry it home; and in ſome open cloſe, or piece of ground reare it upright either againſt hedges, pales, wals, back-ſides of houſes, or ſuch like, where it may have the full ſtrength or reflection of the Sun, & being throughly dried then houſe it; yet there be ſome *Houſwives* which as ſoon as their Hemp comes from the *water*, will not rear it upright, but lay it upon the ground flat and thin for the ſpace of a ſennight, turning it at the end of every two days; firſt on the one ſide, then on the other, and then after rear it upright, dry it, and ſo houſe it, and this *Houſe-wifery* is good and orderly.

Of waſhing out of Hempe Flax.

Now although I have hitherto joyned Hempe and Flax together, yet you ſhall underſtand that there are ſome particular differences between them; for wheras your Hempe may within a night or two after the pul-

ling be carried to the water, your flaxe may not, but must be reared up, and dried and withered a weeke or more to ripen the seed, which done, you must take ripple combs, and ripple your flax over, which is the beating or breaking off from the stalkes the round belles or bobs which contain the seed, which you must preserve in some dry vessell or place till the spring of the year, and then beat it, or thresh it for your use, and when your flax or line is ripled, then you must send it to the water as aforesaid.

After your Hemp or Flax hath been watered, dried, and housed, you may then at your pleasure breake it, which is in a brake of wood (whose proportion is so ordinary, that every one almost knowes them) break and beat out the dry bun, or hexe of the Hemp or Flax from the rinde which covers it, and when you brake either, you shall do it, as neer as you can, on a faire dry Sun-shine day, observing to set forth your Hemp and Flax, and spread it thin before the Sun, that it may be as dry as tinder before it come to the brake; for if either in the lying close together it shall give again or sweat, or through the moystnesse of the ayre, or place where it lies, receives any dampishnesse, you must ne-
The drying of hemp or flax. cessarily receive it dried sufficiently again, or else it will never brake well, nor the bun break and fall from the rinde in order as it should.

Therefore if the weather bee not seasonable, and your need much to use your Hemp or Flaxe, you shall then spread it upon your Kilne, and making a soft fire under it, dry it upon the same, and then brake it: yet for as much as this is oft times dangerous, and much hurt hath beene received thereby through casualty of fire, I would wish you to sticke four stakes

in

in the earth at leaſt five foot above ground, and laying over them ſmall over-layers of *wood*, and open fleakes or hurdles upon the ſame; ſpread your Hemp, and alſo rear ſome round about it all, but at one open ſide; then with ſtraw, ſmall ſhavings, or other light dry wood make a ſoft fire under the ſame, and ſo dry it, and brake it, and this without all danger or miſtruſt of evill; and as you brake it, you ſhall open and look into it, ever beginning to break the root ends firſt; and when you ſee the bun is ſufficiently cruſht, fallen away, or at the moſt hangeth but in very ſmall ſhivers within the Hemp or Flax, then you ſhall ſay it is brak't enough, and then terming that which you called a Baite or Bundle before, now a ſtrike, you ſhall lay them together, and ſo houſe them, keeping in your memory either by ſcore or writing, how many ſtrikes of hemp, and how many ſtrikes of Flaxe you brake up every day.

Now that your Hemp or Flax may brake ſo much the better, you muſt have for each ſeveral ſort two ſeverall brakes, which is an open and wide toothed, or nickt brake, and a cloſe and ſtraight toothed brake: the firſt being to cruſh the bun, and the latter to beate it forth. Now for Flax, you muſt take firſt that which is the ſtraighteſt for the Hempe, and then after one of purpoſe, much ſtraighter and ſharper for the bun of it being more ſmall, tough, and thin, muſt neceſſarily be broken into much leſſe pieces. Diverſity of brakes.

After your Hemp and Flax is brak't, you ſhall then ſwingle it, which is upon a ſwingle tree blocke made of an half inch boord about foure foot above ground, and ſet upon a ſtrong foot or ſtock, that will not eaſily move and ſtir, as you may ſee in any *Houſe wives*

houſe whatſoever better then my words can expreſſe: and with a piece of *wood* called the ſwingle-tree dagger, and made in the ſhape and proportion of an old dagger with a reaſonable blunt edge; you ſhall beate out all the looſe buns & ſhivers that hang in the hemp or flaxe, opening and turning it from one end to the other, till you have no bun or ſhiver to be perceived therein, and then ſtrike a twiſt, and fould in the midſt, which is ever the thickeſt part of the ſtrike, lay them by till you have ſwingled all; the generall profit whereof, is not only the beating out of the hard bun, but alſo an opening and ſoftning of the tear, whereby it is prepared and made ready for the Market.

Now after you have ſwingled your Hemp and Flaxe over once, you ſhall take and ſhake up the refuſe ſtuff which you beat from the ſame ſeverally, and not only it, but the tops and knots, and half bracke buns which fall from the brake alſo; and drying them againe, cauſe them to be very well threſht with flayls, and then mixing them with the refuſe which fell from the ſwingle-tree, dreſſe them all well with threſhing and ſhaking, till the buns be clean driven out of them; and then lay them in ſome ſafe dry place till occaſion of uſe: theſe are called ſwingle-tree hurds, and that which comes from the Hempe will make window-cloth, and ſuch like courſe ſtuff, and that which comes from the flax, being a little towed again in a pair of wool-cards, will make a courſe harding.

But to proceed forward in the making of cloth, after your hemp or flaxe hath been ſwingled once over, which is ſufficient for the market, & for ordinary ſale, you ſhall then for cloath ſwingle it over the ſecond time, and as the firſt did beat away the bun, and ſoften the

the rind, ſo this ſhall break and divide, and prepare it fit for the heckle; and hurds which are this ſecond time beaten off, you ſhall alſo ſave: for that of the hemp (being toaſed in woof cards) wil make a good hempen harden and that commeth from the flaxe (uſed in that manner) a flaxe harden better then the former.

Of beating hemp.

After the ſecond ſwingling of your Hemp, and that the hurds thereof have been layd by, you ſhall take the ſtrikes, and dividing them into dozens, and half dozens, make them up into great thick roles, and then as it were broaching them, or ſpitting them upon long ſticks ſet them in the corner of ſome chimney, where they may receive the heat of the fire, and there let them abide, till they be dried exceedingly, then take them, and laying them in a round trough made for the purpoſe, ſo many as may conveniently lye therein, and there with beetles beat them exceedingly, till they handle both without and within as ſoft and plyant as may be, without any hardneſſe or roughneſſe to be felt or perceived; then take them from the trough, and open the roler, and divide the ſtrikes ſeverally as at the firſt, and if any be inſufficiently beaten, role them up, and beat them over as before.

Of heckling hemp.

When your Hemp hath been twice ſwingled, dried and beaten, you ſhall then bring it to the heckle, which inſtrument needeth no demonſtration, becauſe it is hardly unknown to any woman whatſoever: and the firſt heckle ſhall be courſe, open and wide toothed becauſe it is the firſt breaker or divider of the ſame, & the layer of the ſtrikes even and ſtraight: and the hurds which come of this heckling you ſhal mixe with thoſe of the latter ſwingling, and it wil make the cloth much better, then you ſhal heckle it the ſecond time through

a good ſtraight heckle made purpoſely for Hemp, and be ſure to break it very well and ſufficiently thereupon, and ſave both the hurds by themſelves, and the ſtrikes by themſelves in ſeverall places.

Now there bee ſome very principall good *Houſe-wives*, which uſe only but to heckle their hemp once over, affirming, that if it be ſufficiently dryed and beaten, that once going over through a ſtraight heckle wil ſerve without more loſſe of labour, having been twice *ſwingled* before.

Now if you intend to have an excellent piece of Hempen cloth, which ſhall equall a piece of very pure Linnen; then after you have beaten it, as before ſaid, and heckled it once over, you ſhall then roule it up again, dry it as before, and beat it againe as much as at the firſt; then heckle it through a fine flaxen heckle, & the Towe which falls from the Heckle, will make a principal hemping, but the teare it ſelf a cloth as pure, as fine *Houſe-wifes* Linnen, the indurance and laſting whereof, is rare and wonderfull: thus you ſee the uttermoſt art in dreſſing of hemp for each ſeverall purpoſe in cloth-making till it come to the ſpinning.

Flaxe after it hath been twice *ſwingled* needeth neither more drying nor beating as hemp doth, but may be brought to the heckle in the ſame manner as you did hemp; only the heckle muſt be much finer & ſtraiter, and as you did before, the firſt heckle being much courſer then the latter, holding the ſtrike ſtiff in your hand, breake it very well upon that heckle: then the hurdes which comes thereof, you ſhall ſave to make fine hurden cloth of, and the ſtrike it ſelfe you ſhall paſſe thorow a finer heckle; and the hurds which come from thence, you ſhall ſave to make fine midlen cloth

cloth of, and the teare it ſelf for the beſt Linnen.

The dreſſing of flaxe to the fineſt uſe.

To dreſſe Flax for the fineſt uſe that may be, as to make fair Holland cloth of great price, or thread for the moſt curious purpoſe, a ſecret hitherto almoſt concealed from the beſt *Houſe-wifes* with us; you ſhall take your Flax after it hath been handled, as is before ſhewed, and laying three ſtrikes together, plat them in a plat of three ſo hard and cloſe together as is poſſible, joyning one to the end of another, till you have platted ſo much as you think convenient, and then begin another plat, and thus plat as many ſeverall plats as you think will make a roule, like unto one of your Hempe roules before ſpoke of, and then wreathing them hard together, make up the roule; and ſo many roules more or leſſe, according to the purpoſe you dreſſe them for: this done, put the roules into a hempe trough, and beat them ſoundly, rather more then leſſe than the hempe: and then open & unplat it, and divide every ſtrike from other very carefully; thē heckle it through a finer heckle than any formerly uſed: for of heckles there be ever three ſorts, and this muſt be the fineſt: and in this heckling you muſt be exceeding carefull to do it gently, lightly, and with good deliberation, leaſt what you heckle from it ſhould run to knots, or other hardneſs, as it is apt to do: but being done artificially as it ought you ſhall ſee it looke and feele it handle like fine ſoft cotton, or Jerſie wool; and this which thus looketh and feeleth, and falleth from the heckle, will notwithſtanding make a pure linnen, and run at leaſt two yards and a half in the pound; but the teare it ſelf will make a perfect ſtrong, and moſt fine holland, running at leaſt five yards in the pound.

After your teare is thus dreſt, you ſhall ſpin it either upon

upon wheel or rock, but the wheel is the ſwifter way, and the rock maketh the finer thread; you ſhall draw your thread according to the nature of the tear, and as long as it is even, it cannot be too ſmall, but if it be uneven, it will never make a durable Cloath. Now for as much as every Houſ-wife is not able to ſpin her owne teare in her own houſe, you ſhall make choice of the beſt Spinners you can hear of, and to them put forth your teare to ſpin, weighing it before it go, and weighing it after it is ſpun and dry, allowing weight for weight, or an ounce and a half for waſte at the moſt: as for the priſes for ſpinning, they are according to the natures of the Country, the fineneſſe of the teare, and the dearneſſe of proviſions: ſome ſpinning by the pound, ſome by the lay, and ſome by day, as the bargain ſhall be made.

Of reeling of yarne.

After your yarn is ſpun upon ſpindles, ſpools, or ſuch like; you ſhall then reele it upon reeles, of which the reeles which are hardly two foot in length, and have but only two contrary croſſe bars at the beſt, the moſt eaſie and leſſe to be troubled with ravelling, and in the weaving of your fine yarn to keepe it the better from ravelling, you ſhall as you reel it, with a Leyband of a big twiſt, divide the ſlipping or skeane into divers Leyes, allowing to every Ley eighty threads, and twenty Leyes to every ſlipping, the yarne being very fine, otherwiſe leſſe of both kinds; but if you ſpin by the Ley as at a pound of Ley or ſo, then the ancient cuſtome hath been to allow to the reele which was 8. yards all above 160 threads to every Ley, and 25 Leyes, and ſometimes 30 Leys to a ſlipping, which wil ordinarily amount to a pound or thereabouts; and ſo by that you may proportion forth the price for any manner of

ſpinning

ning whatſoever; for if the beſt thus, then the ſecond ſo much bated; and ſo accordingly the worſt.

After thus your yarn is ſpun and reeld, being in the ſlipping, you ſhall ſcowr it: Therefore, firſt to fetch out the ſpots, you ſhall lay it in lukewarm water, and let it lye ſo three or four dayes, each day ſhifting it once, and wringing it out, and laying it in another water of the ſame nature; then carry it to a wel or brook, and there rinſe it, till you ſee that nothing commeth from it, but pure clean water; for whileſt there is any filth within it, there will never be white cloth; which done, take a bucking tub, and cover the bottome thereof with very fine Aſhen-aſhes: then opening your ſlippings, and ſpreading them, lay them on thoſe Aſhes; then cover thoſe ſlippings with aſhes againe, then lay in more ſlippings, and cover them with aſhes as before, and thus lay one upon another, till all your yarn be laid in; then cover the uppermoſt yarne with a bucking-cloth, and lay therein a peck or two (according to the bigneſſe of the tub) of aſhes more: then powre into all through the uppermoſt cloth ſo much warme water, till the tub can receive no more; and ſo let it ſtand all night: the next morning you ſhall ſet a Kettle of clean water on the fire; and when it is warme, you ſhall pull out the ſpigget of the bucking tub, and let the water therein run into another clean veſſell, and as the bucking tub waſteth ſo you ſhall fill it up again with the warm water on the fire, and as the water on the fire waſteth, ſo you ſhall fill it up again with the lie which commeth from the bucking tub, ever obſerving to make the lie hotter and hotter till it ſeeth; and then when it ſo ſeetheth, you ſhall as before apply it with boyling lie, at leaſt four hours together, which is called

Of the ſcowring of yarne

led, the driving of a buck of yarn: All which being done, you shall take off the Buckling cloth, and then putting the yarne with the Lie-ashes into large Tubs of Boales, with your hands as hot as you can suffer it to posse, and labour the yarne, ashes, and Lie, a pretty while together; then carry it to a Well, River, or other clean scouring water, and there rinse it as clean as may be from the ashes; then take it, and hang it up upon poales abroad in the ayre all day, and at night take the slippings down, and lay them in water all night; then the next day hang them up again, and if any part of them dry, then cast water upon them, observing ever to turn that side outmost which whiteth slowest, and thus do at least seven dayes together; then put all the yarn again into a Bucking-Tub without ashes: and cover it as before with a Bucking-cloth and lay thereupon good store of fresh ashes, and drive that buck as you did before, with very strong seething Lies, the space of half a day or more; then take it forth, posse it, rinse it, and hang it up as you did before on the days, and laying it in water on the nights another weeke, and then wash it over in fair water, and so dry it up.

whitening of yarne.

Other wayes there are of scouring and whiting of yarn; as steeping it in bran and warme water, and then boyling it with *Ozier* stickes, wheat straw, water, and ashes, and then possing, rinsing, and bleaching it upon hedges, or bushes; but it is a foule and uncertaine way, and I would not wish any good *House-wife* to use it.

After your yarne is scoured and whited, you shall then wind it up into round balls of a reasonable bigneſſe, rather without bottomes then with any at all, because it may deceive you in the waight, for according

ding to the pounds will ariſe your yards and lengths of cloth.

After your yarn is wound and weighed, you ſhall carry it to the Weavers, and warpe it as was before ſhewed for woollen cloth, knowing this, that if your Weaver be honeſt and skilfull, he will make you good and perfect cloth of even and even, that is juſt the ſame weight in weft that then was in warp; as for the action of weaving it ſelf, it is the work-mans occupation, and therefore to him I refer it.

The ſcouring and whiting of cloth.

After your cloth is woven, and the Web or Webs come home, you ſhall firſt lay it to ſteep in all points as you did your yarne, to fetch out the ſoyling and other filth which is gathered from the Weaver; then rinſe it alſo as you did your yarn, then buck it alſo in lie and aſhes, as beforeſaid, and rinſe it, and then having loopes fixt to the ſelvedge of the cloth, ſpread it upon the graſſe, and ſtake it down at the uttermoſt length & breadth, and as faſt as it dries, water it again, but take heed you wet it not too much, for fear you mildew or rot it, neither caſt water upon it, till you ſee it in a manner dry, and be ſure weekly to turn it firſt on one ſide, and then on the other, and at the end of the firſt weeke you ſhall buck it as before in Lie and Aſhes: Againe then rinſe it, ſpread it, & water it as before; then if you ſee it whites apace, you need not to give it any more bucks with the aſhes and the cloth mixt together: but then a couple of clean bucks (as was before ſhewed in the yarn) the next fortnight following; and then being whitened enough, dry up the cloth, and uſe it as occaſion ſhall require; the beſt ſeaſon for the ſame whitening being in *April* and *May*. Now the courſe & worſt houſe-wifes ſcour and white their cloth with Water and

and bran, and buck it with lie and green hemlocks: but as before I ſaid, it is not good, neither would I have it put in practice. And thus much for wooll, hemp, Flax, and Cloth of each ſeverall ſubſtance.

## CHAP. 6.

### *Of Dairies, Butter, Cheeſe, and the neceſſary things belonging to that Office.*

THere followeth now in this place after theſe knowledges already rehearſed, the ordering and Government of Dairies, with the profits and commodities belonging to the ſame. And firſt touching the ſtock wherewith to furniſh Dairies, it is to be underſtood, that they muſt be Kine of the beſt choice and breed that our *English House-wife* can poſſibly attaine unto, as of big bone, faire ſhape, right bred, and deepe of milke, gentle, and kindly.

Bigneſs of Kine. Touching the bigneſſe of bone, the larger that every Cow is, the better ſhe is: for when either age, or miſchance ſhall diſable her for the pale, being of large bone ſhe may bee fed, and made fit for the ſhambles. and ſo no loſſe, but profit, and any other to the pale as good and ſufficient as her ſelfe.

For her ſhape, it muſt a little differ from the Butchers rules; for being choſe for the Dairy, ſhe muſt have all the ſignes of plenty of milke; as a crumpled horne, a thinne ueck, a hairy dewlap, and a verry large udder, with foure teats, long, thicke, and ſharpe at the ends; for the moſt part either all white, of what colour ſoever the Cow be; or at leaſt the fore part thereof, and if it be well haird before and behind, and ſmooth in the bottome, it is a good ſigne.

As

As touching the right breed of Kine through our nation, it generally affordeth very good ones, yet ſome Countries do far exceed other Countries, as *Cheſhire*, *Lanca-ſhire*, *York-ſhire*, and *Darby-ſhire*, for black Kine; *Gloceſterſhire*, *Somerſetſhire*, and ſome part of *Wiltſhire*, for red Kine, and *Lincoln-ſhire* pide Kine: and from the breeds of theſe Countries generally doe proceed the breeds of all other, howſoever diſperſed over the *whole Kingdom*. Now for our *Houſ-wifes* direction, ſhe ſhall chuſe her Dairy from any of the beſt breeds before named, *according as her opinion and delight ſhall governe* her, onely obſerving not to mixe her breeds of divers kinds, but to have all of one intire choice without variation, becauſe it is unprofitable; neither muſt you by any means have your Bull a forreiner from your Kine, but either of one country, or of one ſhape and colour: again in the choice of your Kine, you muſt look diligently to the goodneſſe and fertility of the ſoil wherein you live, and by all means buy no Kine from a place that is more fruitfull thē your own, but rather harder; for the latter will proſper and come on, the other will decay and fall into diſeaſe; as the piſſing of bloud and ſuch like, for which diſeaſe and all other you may find aſſured cures in the former book, called *Cheap & good*.

The breed of Kine.

For the depth of milk in Kine (which is the giving of moſt milk) being the maine of a *Houſe-wifes* profit, ſhe ſhall be very carefull to have that quality in her beaſts. Now thoſe Kine are ſaid to be deepeſt of milk, which are new hare; that is, which have but lately calved, and have their milke deepe ſpringing in their adders, for at that time ſhe giveth the moſt milk; and if the quantity then be not convenient, doubtleſſe the Cow cannot be ſaid to be of deep milch: and for the quantity

Depth of milk in Kine.

quantity of milk, for a Cow to give two Gallons at a meal, is rare and extraordinary; to give a Gallon and a half is much and convenient, and to give but a Gallon certain is not to be found fault with: again, those Kine are said to be deep of milk, which though they give not so exceeding much milk as others, yet they give a reasonable quantity, and give it long, as all the yeere through, whereas other Kine that give more in quantity, will go dry, being with Calf some three moneths, some two, and some one, but these will give their usuall measure even the night before they calve; and therefore are said to be Kine deep of milk. Now for the retained opinion, that the Cow which goeth not dry at all, or very little, bringeth not forth so good a Calf as the other, because it wanteth much of the nourishment it should enjoy, it is vain and frivolous; for should the substance from whence the milk proceedeth, convert to the other intended nourishment, it would bee so superabundant, that it would convert either to disease or putrefaction: but letting these secret reasons pass, there be some Kine which are so exceedingly full of milke, that they must be milkt at least thrice a day, at morning, noon, and evening, or else they will shed their milk, but it is a fault rather then a vertue, and proceedeth more from a laxativeness or looseness of milk, then from any abundance; for I never saw those three meales yet equall the two meales of a good Cow, and therefore they are not truly called deep of milk.

Of the going dry of Kine.

Touching the gentleness of Kine, it is a vertue as fit to be expected as any other; for if she be not affable to the Maid, gentle and willing to come to the paile, and patient to have her dugs drawn without skittishness, striking or wildness, she is utterly unfit for the dairy.

As

As a Cow muſt be gentle to her milker, ſo ſhe muſt be kind in her own nature; that is, apt to conceive, and bring forth, fruitfull to nouriſh, and loving to that which ſprings from her; for ſo ſhe bringeth forth a double profit, the one for the time preſent which is in the Dairy, the other for the time to come, which is in the maintenance of the ſtock, and upholding of breed. Of kindlineſs in Kine.

The beſt time for a Cow to Calve in for the dairy, is in the latter end of *March* and all *April*; for then graſs beginning to ſpring to its perfect goodneſſe, will occaſion the greateſt increaſe of milk that may be, and one good early Cow will countervail two latter, yet the Calvs thus calved are not to be reared, but ſuffered to feed upon their Dams beſt milk, and then to be ſold to the Butchers, and ſurely the profit will equall the charge; but thoſe Calves which fall in *October*, *November*, or any time of the depth of winter may well be reared up for breed, becauſe the main profit of the Dairy is then ſpent, and ſuch breed will hold up any Calves which are calved in the prime dayes, for they generally are ſubject to the diſeaſe of the Sturdy, which is dangerous and mortall. The beſt time to calve in, for the dairy or breed.

The *Houſe-wife* which only hath reſpect to her dairy, and for whoſe knowledge this diſcourſe is written (for we have ſhewed the *Graſier* his office in the *Engliſh Husband-man*) muſt rear her calves upon the finger with floten milke, and not ſuffer them to run with the Dams, the generall manner whereof, and the cure of all the diſeaſes incident to them and all other cattel is fully declared in the book called *Cheap and good*. Rearing of Calves.

To proceed then to the general uſe of Dairies, it conſiſteth firſt in the cattel (of which we have ſpoken ſufficiently) then in the hours of milking, the ordering The generall uſe of dairies

of the milke, and the profits ariſing from the ſame.

The hours of milking. The beſt and moſt commended hours for milking, are indeed but two in the day, that in the Spring and Summer time which is the beſt ſeaſon for the Dairy, is betwixt five and ſix in the morning, and ſixe and ſeven a clock in the evening: and although nice and curious *Houſe-wives* will have a third hour betwixt them, as between twelve and one in the afternoon, yet the better experienſt do not allow it, and ſay as I believe, that two good meals of milk are better ever than the three bad ones; alſo in the milking of a Cow, the woman muſt ſit on the neer ſide of the Cow, ſhe muſt gently at the firſt handle and ſtretch her dugs, and moyſten them with milk that they may yeeld out the milk the better and with leſſe pain: ſhe ſhall not ſettle her ſelf to milk, nor fixe her paile firm to the ground till ſhe ſee the Cow ſtand ſure and firm, but be ready upon any motion of the Cow to ſave her paile from overturning: when ſhe ſeeth all things anſwerable to her deſire, ſhe ſhall then milk the Cow boldly, and not leave ſtretching and ſtraining of her teate: till not one drop of milk more wil come from them, for the worſt point of *Houſe-wifery* that can be, is to leave a Cow half milkt; for beſides the loſſe of the milk, it is the only way to make a Cow dry, and utterly unprofitable for the Dairy: the Milk-maid whileſt ſhe is in milking, ſhall doe nothing raſhly or ſuddenly about the Cow, which may affright or amaze her, but as ſhee came gently, ſo with all gentleneſſe ſhe ſhall depart.

Ordering of milke. Touching the well ordering of milk after it is come home to the Dairy, the main point belongeth thereunto is the *Houſe-wifes* cleanlineſſe in the ſweet and neat keeping of the Dairy-houſe, where not the leaſt moat

of

of any filth may by any meanes appeare, but all things either to the eie or nose so void of sowerzes or fluttishnes that a Princes bed-chamber must not exceed it: to this must be added the sweet and delicate keeping of her milk vessells whether they be of wood earth or lead, the best as yet is best disputable with the best *House wifes*; onely this opinion is generall received, that the woodden vessell, which is round and shallow is best in cold vaults, the earthen vessels principall for long keeping, and the leaden vessell for yeelding of much Cream: but howsoever, any and all these must be carefully scalded once a day, and set in the open ayr to sweeten, lest getting any taint of sowernesse into them, they corrupt the milk that shall be put therein. Ordering of milk vessells.

But to proceed to my purpose, after your milk is come home, you shal as it were strain it from all unclean things, through a neat and sweet kept Sylediſh, the form whereof every *House-wife* knowes, and the bottome of this Syle, through which the milk must passe, be covered with a very clean washt fine linnen cloath, such an one as will not suffer the least more or hair to go through it, you shall into every vessell syle a pretty quantity, of milk, according to the proportion of the vessell, the broader it is, the shallower it is, and the better it is, and yeeldeth ever the most cream, and keepeth the milk longest from sowring. Sylling of Milk.

Now for the profit arising from milk, they are three of especiall account, as Butter, Cheese, and Milk, to be eaten simple or compounded: as for Curds, sowr Milk, or Wigge, they come from secondary meanes, and therefore may not bee numbred with these. Profits arising from milk.

For your Butter which onely proceedeth from the Of Butter.

Creame, which is the very heart and ſtrength of Milk, it muſt be gathered very carefully, diligently, and painfully: And though cleanlineſs be ſuch an ornament to a Houſ-wife, that if ſhe want any part thereof, ſhe loſeth both that and all good names elſe: yet in this action it muſt be more ſeriouſly imployed then in any other.

Of fleeting creame.

To begin then with the fleeting or gathering of your Creame from the Milke, you ſhall do it in this manner: The Milk which you do milk in the morning you ſhall with a fine thin ſhallow diſh made for the purpoſe, take off the Cream about five of the clock in the evening; and the Milk which you did milk in the evening, you ſhall fleet and take off the Creame about five of the clock the next morning; and the Cream ſo taken off, you ſhall put into a clean ſweet and wel leaded earthen pot cloſe covered, and ſet in a cloſe place: and this Cream ſo gathered you ſhall not keep above two dayes in the Summer, and not above four in the Winter, if you will have the ſweeteſt and beſt butter; and that your Dairy containe five Kine or more; but how many or few ſoever you keep, you ſhal not by any meanes preſerve your Cream above three dayes in Summer, and not above ſix in the Winter.

Of keeping creame.

Of churming butter and the daies.

Your Creame being neatly and ſweet kept, you ſhall churme or churne it on thoſe uſuall daies which are fitteſt either for your uſe in the houſe, or the markets adjoyning neer unto you, according to the purpoſe for which you keep your Dairy. Now the daies moſt accuſtomable held amongſt ordinary *Houſe-wives*, are Tueſday and Friday: Tueſday in the afternoone, to ſerve Wedneſday morning market, & Friday morning to ſerve Saturday-market; for Wedneſday and Saturday are the moſt generall market dayes of this Kingdome,

dome, and *Wedneſday*, *Fryday*, and *Satterday*, the uſual faſting dayes of the weeke, and ſo meeteſt for the uſe of Butter. Now for churning take your creame, and through a ſtrong and cleane cloth ſtrain it into the churn; and then covering the churn cloſe, and ſetting it in a place fit for the action inwhich you are imploid (as in the ſummer) in the cooleſt place of your Dairy, and exceeding early in the morning, or very late in the evening: *and in the Winter, in the warmeſt place of your dairy, and in the moſt temperate hours, as about noone, or a little before or after, and ſo churm it with ſwift ſtrokes, marking the noiſe of the ſame, which will be ſolid, heavie, and intire, untill you hear it alter, and the ſound is light, ſharp, and more ſpirity; and then you ſhall ſay that your butter breaks, which perceived both by this ſound, he light neſſe of the churn-ſtaffe, and the ſparks and drops which will appear yellow about the lip of the churn; then cleanſe with your hand both the lidde and inward ſide of the churn, and having put all together, you ſhall cover the churn again, and then with eaſie ſtrokes round, and not to the bottome, gather the butter together into one intire lump and body, leaving no pieces thereof ſeverall or unjoyned.*

Helpes in churning.

Now for asmuch as there be many miſchiefes and inconveniences which may happen to butter in the churning, becauſe it is a body of much tenderneſſe, and neither will indure much heat nor much cold: for if it be over-heated, it will look white, crumble, and be bitter in taſt; and if it be over-cold, it will not come at all, but make you waſte much labour in vain, which faults to help, if you churn your butter in the heat of ſummer, it ſhal not be amiſſe, if during the time of your

churning, you place your churn in a pale of cold water, as deep as your Creame riſeth in the churn, and in the churning thereof let your ſtrokes go ſlow, and be ſure that your churn be cold when you put in your cream: but if you churn in the coldeſt time of Winter, you ſhall then put in your Creame before the churne bee cold; after it hath been ſcalded, *you ſhall place it within the ayre of the fire, and churn it with as ſwift ſtrokes, & as faſt as may be, for the much labouring of it will keep it in a continuall warmth, and thus you ſhall have your butter good, ſweet, and according to your wiſh.* After your butter is churn'd, or churn'd and gathered wel together in your churn, *you ſhall then open your churn, and with both your hands gather it well together, and take it from the butter milk, and put it into a very clean boul of wood, or panſhion of earth ſweetned for the purpoſe, and if you intend to ſpend the butter ſweet and freſh, you ſhall have your boul or panſhion filled with very clean water, and therein with your hand you ſhall work the butter, turning and toſſing it to and fro, till you have by that labour beaten and waſht out all the butter milke, and brought the butter to a firme ſubſtance of it ſelfe, without any other moiſture; which done, you ſhall take the butter from the water, and with the point of a knife ſcotch and ſtaſh the butter over and over every way, as thicke as is poſſible, leaving no part through which your knife muſt not paſſe; for this will cleanſe and fetch out the ſmalleſt haire or mote, or rag of a ſtrayner, and any other thing which by caſuall means may happen to fall into it.*

The handling of Butter.

After this you ſhall ſpread the butter in a boul thin, and take ſo much ſalt as you ſhall think convenient, which muſt by no means be much for ſweet butter, and

and ſprinkle it thereupon; then with your hands worke the butter and the ſalt exceedingly well together, and then make it up either into diſhes, pounds, or halfe pounds at your pleaſure.

If during the moneth of *May* before you ſalt your butter you ſave a lump thereof, and put it into a veſſel, and ſo ſet it into the Sun the ſpace of that moneth, you ſhall find it exceeding ſoveraign and medicinable for wounds, ſtrains, aches, and ſuch like grievances. Of May-butter.

Touching the poudring up or potting of butter, you ſhall by no meanes, as in freſh butter, waſh the butter milke out with water, but onely work it cleare out with yout hands: for water will make the butter ruſty, or reeſe: this done, you ſhall weigh your butter, and know how many pounds there is thereof: for ſhould you weigh it after it were ſalted, you would be deceived in the weight: which done, you ſhall open the butter, and ſalt it very well and throughly, beating it in with your hand till it be generally diſperſt through the whole butter; then take clean earthen pots, exceedingly well leaded, leaſt the brine ſhould leake through the ſame, and caſt ſalt into the bottome of it: then lay in your butter, and preſſe it downe hard within the ſame, and when your pot is filled; then cover the top thereof with ſalt ſo as no butter be ſeen: then cloſing up the pot let it ſtand where it may bee cold and ſafe: but if your Dairy be ſo little that you cannot at firſt fill up the pot, you ſhall then when you have potted up ſo much as you have, cover it all over with ſalt, and pot the next quantity upon it till the pot be full.

Now there be *Houſwifes* whoſe Dairies being great, can by no means conveniently have their butter contai-

tained in pots; as in *Holland*, *Suffolk*, *Norfolk*, and ſuch like, and therefore are firſt to take barrels very cloſe and well made; and after they have ſalted it well, they fill their barrels therewith; then they take a ſmall ſtick, clean and ſweet, and therewith make divers holes, down through the butter, even to the bottome of the barrell: and then make a ſtrong brine of water and ſalt which will beare an egge, and after it is boyl'd, well skimmed and cool'd, then powr it upon the top of the butter, till it ſwim above the ſame, and ſo let it ſettle. Some uſe to boyle in this brine a branch or two of Roſemary, and it is not amiſſe, but pleaſant and wholeſome.

When to pot Butter.

Now although you may at any time betwixt *May* and *September* pot up butter, obſerving to do it in the cooleſt time of the morning: yet the moſt principal ſeaſon of all is in the moneth of *May* only: for then the ayre is moſt temperate, and the butter will take ſalt the beſt, and the leaſt ſubject to reeſing.

The beſt uſe of Butter milk for the ableſt *Houſe-wife* is charitably to beſtow it on the poor Neighbours, whoſe wants do dayly cry out for ſuſtenance: and no doubt but ſhe ſhall find the profit thereof in a divine place, as well as in her earthly buſineſſe. But if her own wants command her to uſe it for her own good, then ſhe ſhall of her Butter-milk make curds, in this manner: ſhe ſhal take her Butter milk and put it into a clean earthen veſſell, which is much larger then to receive the Butter-milk only; and looking unto the quantity thereof, ſhe ſhall take as it were a third part ſo much new milk, and ſet it on the fire, and when it is ready to riſe, take it off, and let it cool a little: then powr it into the butter milk in the ſame manner as you would

would make a poſſet, and having ſtirred it about, let it ſtand: then with a fine skummer, when you will uſe the curds *(for the longer it ſtands, the better the curds will eat)* take them up into a cullander, and let the whey drop well from it, and then eate them either with Cream, Ale, Wine, or Beer; as for the whey, you may keep it alſo in a ſweet ſtone veſſell: for it is that which is called Whig, and it is an excellent cool drinke, and wholeſome, and may very well be drunk a Summer through, in ſtead of any other drink, and without doubt will ſlake the thirſt of any labouring man as well, if not better. Of Whigge.

The next main profit which ariſeth from the Dairy is *cheeſe*, of which there be divers kinds, *as new milke, or morrow milke, cheeſe, nettle-cheeſe, ſloaten-milk cheeſe, and eddiſh, or after-math-cheeſe, all which have their ſeverall orderings and compoſitions, as you ſhall perceive by the diſcourſe following*: yet before I do begin to ſpeak of the making of the cheeſe, I will ſhew you how to order your *Cheeſelep bag* or *Runnet*, which is the moſt principall thing wherewith your cheeſe is compounded, and giveth the perfect taſte unto the ſame. Of cheeſe.

The *Cheeſelep bag* or *Runnet*, which is the *ſtomack bag* of a young ſucking Calfe, which never taſted other food then *milk*, where the curd lyeth undigeſted. Of theſe Bags, you ſhall in the beginning of the Yeere provide your ſelf good ſtore, and firſt open the Bag and powr out into a clean Veſſell the curd and thicke ſubſtance thereof; but the reſt which is not curdled you ſhall put away: then open the curd and pick out of it all manner of mote, chiers of graſſe, or other filth gotten into the ſame: then waſh the curd in ſo many cold waters, till it be as white and clean from all ſorts Of the Cheeſ-lep-bagge or Runnet.

ſorts of moats as is poſſible; then lay it on a cleane cloath that the water may drain from it, which done, lay it in another dry veſſel; then take a handfull or two of ſalt, and rub the curd therewith exceedingly, then take your bag and waſh it alſo in divers cold waters till it be very clean, and then put the curd and the ſalt up into the bag, the bag being alſo well rub'd within with ſalt: and ſo put it up, and ſalt the outſide alſo over, and then cloſe up the pot cloſe, and ſo keep them a full yeer before you uſe them. *For touching the hanging of them up in chimney corners (as courſe Houſewifes do) it is ſluttiſh, naught, and unwholeſome, and the ſpending of your Runnet whileſt it is new, makes your cheeſe heavie and prove hollow.*

When your Runnet or Earning is fit to be uſed, you ſhall ſeaſon it after this manner; *you ſhall take the bag you intend to uſe, and opening it, put the curd into a ſtone morter or a boule, and with a wooden peſtle, or a rolling pin beat it exceedingly; then put to it the yolkes of two or three egges, and halfe a pint of the thickeſt and ſweeteſt cream you can fleet from your milk, with a peny worth of ſaffron finely dryed and beaten to powder, together with a little Cloves and Mace, and ſtirre them all paſſing well together, till they appear but as one ſubſtance, and then put it up in the bag again: then you ſhall make a very ſtrong brine of water and ſalt, and in the ſame you ſhall boil a handful of Saxifrage, and then when it is cold clear it into a clean earthen veſſell:* then take out of the bag half a dozen ſpoonfuls of the former curd and mixe it with the brine; then cloſing the bag up again, cloſe hang it with the brine, and in any caſe alſo ſteep in your brine a few Wall-nut tree leaves, and ſo keep your

your Runnet a fortnight after before you uſe it; and in this manner dreſſe all your bags ſo, as you may ever have one ready after another, and the youngeſt a fortnight old ever at the leaſt; for that will make the earning quick and ſharp, ſo that four ſpoonfuls thereof will ſuffice for the gathering and ſeaſoning of at leaſt twelve Gallons of milk, and this is the choyceſt and beſt earning which can poſſibly be made by any *Houſewife.*

To make a *new-milk* or *morning milk cheeſe*, which is the beſt cheeſe made ordinarily in our Kingdom; you ſhall take your *milke* early in the morning as it comes frow the Cow, and ſyle it into a clean tub; then take all the Cream alſo from the *milke* you milk'd the evening before, and ſtrain it into your *new-milke*: then take a pretty quantity of cleane water, and having made it ſcalding hot, powre it into the milke alſo to ſcald the cream and it together; then let it ſtand, and cool it with a diſh till it be no more then luke-warm; then go to the pot where your earning bags hang, and draw from thence ſo much of the earning without ſtirring of the bag, as will ſerve for your proportion of milk, & ſtrain it therein very carefully; *for if the leaſt mote of the curd of the earning fall into the cheeſe, it will make the cheeſe rot and mould*; when your earning is put in, you ſhall cover the milk, and ſo let it ſtand halfe an houre or thereabout; *for if the earning be good it will come in that ſpace*; but if you ſee it doth not, then you ſhall put in more: being come, you ſhall with a diſh in your hand breake and maſhe the curd together, poſſing and turning it about diverſly: which done, with the flat palmes of your hands very gently preſſe the curd down into the bottome of the Tub, then with

a thin diſh, take the whey from it as clean as you can, and ſo having prepared your Cheeſe-fat anſwerable to the proportion of your curd with both your hands joined together, put your curd therein, and break it, and preſſe it down hard into the fat till you have fild it; then lay upon the top of the curd your hard cheeſe-boord, and a little ſmall weight thereupon, that the whey may drop from it into the under veſſell; when it hath done dropping, take a large Cheeſe-cloth, and having wet it in the cold water, lay it on the Cheeſe-boord, and then turn the Cheeſe upon it; then lay the cloth into the Cheeſe-fat, and ſo put the Cheeſe therein againe, and with a thin ſlice thruſt the ſame downe cloſe on every ſide: then laying the cloth alſo over the top to lay on the Cheeſe-boord, and ſo carry it to your great preſſe, and there preſs it under a ſufficient waight: after it hath been there preſt half an hour, you ſhal take it and turn it into a dry cloth, and put it into the preſſe again, and thus you ſhall turn it into dry cloths at leaſt five or ſix times in the firſt day, and ever put it under the preſſe again, not taking it there from till the next day in the evening at ſooneſt, and the laſt time it is turned, you ſhal turn it into the dry fat without any cloth at all.

When it is preſt ſufficiently, and taken from the fat, you ſhall then lay it in a Kimnel, and rub it firſt on the one ſide, & then on the other with ſalt, and ſo let it lye all that night; then the next morning you ſhall doe the like again, & ſo turn it upon the brine, which comes from the ſalt two or three days or more, according to the bigneſſe of the Cheeſe, and then lay it upon a faire table or ſhelf to dry, forgetting not every day once to rub it all over with a clean cloth, and then to turn it, till ſuch time that it be throughly dry, and fit to goe into

into the Cheese hecke: and in this manner of drying you must observe to lay it first where it may dry hastily, and after where it may dry at more leasure: thus may you make the best and most principall cheese

Now if you wil make Cheese of two meales as your mornings new milke, and the evenings Creame milk, & all you shal do is but the same formerly rehearsed. And if you will make a simple morrow milk Cheese, which is all of new milke and nothing else, you shall then do as is before declared, onely you shall put in your earning so soon as the milk is fild (if it have any warmth in't) and not scald it: but if the warmth be lost you shall put it into a kettle and give it the ayre of the fire. A Cheese of two meales. Cheese of one meale

If you will have a very dainty nettle Cheese, which is the finest summer cheese which can be eaten; you shall doe in all things as was formerly taught in the new milke cheese compound; Onely you shal put the curd into a very thinne Cheese-fat, not above halfe an inch or a little better deepe at the most, and then when you come to dry them as soone as it is drained from the brine, you shall lay it upon fresh nettles and cover it all over with the same; and so lying where they may feele the ayre, let them ripen therein, observing to renew your nettles once in two dayes, and every time you renew them, to turne the Cheese or Cheeses, and to gather your nettles as much without stalkes as may be, and to make the bed both under and aloft as smooth as may be, for the more even and fewer wrinkles that your cheese hath, the more dainty is your *House-wife* accounted. Of Nettle cheese

If you will make floaten milke cheese, which is the courcest of all cheeses, you shal take some of the milk and Of floaten-milk cheese

and heat it upon the fire to warm all the reſt; but if it be ſowr that you dare not adventure the warming of it for fear of breaking, then you ſhall heat water, and with it warm it; then put in your earning as before ſhewed, and gather it, preſſe it, ſalt it, and dry it as you did all other Cheeſes.

Of eddiſh cheeſe.

Touching your eddiſh Cheeſe or Winter Cheeſe, there is not any difference betwixt it and your ſummer Cheeſe touching the making there of only, becauſe the ſeaſon of the yeer denieth a kindly drying or hardning thereof, it differeth much in taſte, and will be ſoft alwayes; and of theſe eddiſh Cheeſes you may make as many kinds as of Summer Cheeſes, as of one meal, two meales, or of milk that is floaten.

When you have made your Cheeſe, you ſhall then have care of the whey, whoſe general uſe differeth not from that of Butter-milk, for either you ſhall preſerve it to beſtow on the poor, becauſe it is a good drink for the labouring man, or keep it to make curds out of it, or laſtly to nouriſh, and bring up your Swine.

Of whey curds.

If you will make curds of your beſt Whey, you ſhal ſet it upon the fire, and being ready to boyl, you ſhall put into it a pretty quantity of Butter-milk, and then as you ſee the Curds ariſing up to the top of the Whey, with a skummer skim them off, and put them into a Cullender, and then put in more Butter-milk, and thus do whilſt you can ſee any Curds ariſe; then the Whey being drained clean from them, put them into a cleane veſſell, and ſo ſerve them forth as occaſion ſhall ſerve.

CHAP.

## CHAP. 7.

*The Office of the Malt, and the severall secrets, and knowledges belonging to the making of Malt.*

IT is most requisite and fit that our *Housewife* be experienced and well practised in the well making of Malt, both for the necessary and continuall use thereof, as also for the generall profit which accrueth and ariseth to the *Husband*, *Houf-wife*, and the whole family: for as from it is made the drink by which the *Houshold* is nourished and sustained, so to the fruitfull *Husband-man* (who is the master of rich ground, and much tillage) it is an excellent merchandize, and a commodity of so great trade, that not alone especiall Towns and Countries are maintained thereby, but also the whole Kingdom, and divers others of our neighboring Nations. This office or place of knowledge belongeth particularly to the *House-wife*; and though we have many excellent Men-malsters, yet it ir properly the work and care of the woman, for it is a *house-work*, and done altogether within dores, where generally lyeth her charge; the man only ought to bring in, and to provide the grain, and excuse her from portage or too heavy burthens, but for the Art of making the Malt, and the severall labours appertaining to the same, even from the Fat to the Kiln, it is only the work of the *House-wife*, and the *Maid-servants* to her appertaining.

To begin then with the first knowledge of our Malster, it consisteth in the election and choise of grain fit to make Malt on, of which there are indeed truly but two kinds, that is to say, Barley, which is of all

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other the moſt excellent for this purpoſe; and Oates, which when Barley is ſcant or wanting, maketh alſo a good and ſufficient Malt: and though the drink which is drawn from it, be neither ſo much in the quantity, ſo ſtrong in the ſubſtance, nor yet ſo pleaſant in the taſte, yet is the drink very good and tolerable, and nouriſhing enough for any reaſonable creature. Now I do not deny, but there may be made Malt of *Wheat*, *Peaſe*, *Lupins*, *Fetches*, and ſuch like, yet it is with us of no retained cuſtome, nor is the drink ſimply drawn or extracted from thoſe grains, either wholſome or pleaſant, but ſtrong and fulſome: therefore I think it not fit to ſpend any time in treating of the ſame. To ſpeak then of the election of Barly, you ſhal underſtand that there be divers kinds thereof, according to the alteration of ſoyles, ſome being big, ſome litle, ſome empty, ſome ful, ſome white, ſome brown, and ſome yellow: but I will reduce all theſe into three kinds, that is, into the Clay-barley, the Sandy-Barly, and the Barly which groweth on the mixt ſoyl. Now the beſt Barly to make Malt on, both for yeelding the greateſt quantity of matter, and making the ſtrongeſt, beſt, and moſt wholeſome drink, is the Clay Barley well dreſt, being clean Corne of it ſelfe, without weed or Oates, white of colour, full in ſubſtance, and ſweet in taſte: that which groweth on the mixt grounds is the next; for though it be ſubject to ſome Oates and ſome Weeds: yet being painfully and carefully dreſt, it is a fair and a bold Corn, great and full; and though ſomwhat browner then the former, yet it is of a fair and clean complexion. The laſt and worſt grain for this purpoſe is the Sand Barly, for although it be ſeldome or never mixt with Oates, yet if the tillage be not painfully and cunningly handled,

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it is much ſubject to weeds of divers kinds, as tares, ſetches, and ſuch like, which drink up the liquor in the brewing, and make the yeeld or quantity thereof very little and unprofitable: beſides the grain naturally of it ſelf hath a yellow, withered, empty huske, thick, and unfurniſhed of meale, ſo that the drinke drawne from it, can neither be ſo much, ſo ſtrong, ſo good, nor ſo pleaſant; ſo that to conclude, the clean Clay-barley is beſt for profit in the ſale drink, for ſtrength and long laſting.

The Barley in the mixt grounds will ſerve well for houſholds and families: and the ſandy barley for the poor, and in ſuch places where better is not to be gotten. And theſe are to be known of every *Huſband* or *Houſe-wife*: the firſt by his whiteneſſe, greatneſſe and fulneſs: the ſecond by his browneneſs, and the third by his yellowneſs, with a darke browne nether end, and the emptineſs and thickneſs of the husk (and in this election of Barley) you ſhall note, that if you find in it any wild oates, it is a ſign of a rich clay-ground, but ill husbanded, yet the malt made thereof is not much amiſs, for both the wild oate and the perfit oate give a pleaſant ſharp reliſh to the drink, if the quantity be not too much, which is evermore to be reſpected. And to conclude this matter of election, great care muſt be had of both *Husband* and *Houſe-wife*, that the barley choſen for malt, be exceeding ſweet, both in ſmell and taſte, and very clean dreſt: for any corruption maketh the malt loathſome, and the foul dreſſing affordeth much loſſe.

After the skilfull election of graine for malt, the *Houſe-wife* is to look to the ſituation, goodneſs and apt accomodation of the Malt-houſe; for in that conſiſteth

Of the Malt-houſe, and the ſituation.

ſiſteth both much of the skill, and much of the profit: for the general ſituation of the houſe, it would (as neer as can be) ſtand upon firm dry ground, having proſpect every way, with open windows and lights to let in the Wind, Sun, and Ayre, which way the Malſter pleaſeth, both to cool and comfort the graine at pleaſure, and alſo cloſe-ſhuts or draw-windowes to keep out the Froſts and Storms, which are the only lets and hinderances for making the malt good and perfect: for the modell or forme of theſe houſes, ſome are made round, with a court in the middle, ſome long, and ſome ſquare, but the round is the beſt, and the leaſt laborious; for the Ceſterns or Fats being placed (as it were) at the head or beginning of the circle, and the Pump or Well (but the Pump is beſt) being cloſe adjoyning, or at leaſt by conveyance of troughs made as uſefull as if it were neer adjoyning, the Corne being ſteept, may with one perſons labour, and a ſhovell be caſt from the Fat or Ceſtern to the floore, and there coucht; then when the couch is broken, it may in the turning either with the hand or the ſhovell be carried in ſuch a circular houſe round about from one floore to another, till it come to the Kiln, which would alſo be placed next over againſt the Pump and Ceſternes, and all contained under one roofe.

And thus you may empty ſteeping after ſteeping, and carry them with one perſons labour from floore to floor, till all the *floors* be filled: in which circular motion you ſhal find, that ever that which was firſt ſteept, ſhal firſt come to the Kilne, and ſo conſequently one after another in ſuch ſort as they were ſteeped, and your work may evermore be conſtant, and your floores at no time empty, but at your own pleaſure, and all the

the labour done only with the hand and ſhovell, without carrying or recarrying, or lifting heavy burthens, is both troubleſome and offenſiue, and not without much loſſe, becauſe in ſuch caſes ever ſome graine ſcattereth.

Now over againſt the Kilne hole or Furnace (which is evermore intended to be on the ground) ſhould a convenient place be made to pile the fuel for the Kiln, whether it be Straw, Bracken, Furs, Wood, Coale, or other fewell; but ſweet Straw is of all other the beſt and neateſt. Now it is intended that this *Malt-houſe* may bee made two ſtories in height, but no higher: over your Ceſterns ſhal be made the Garners wherein to keep your Barley before it be ſteeped: in the bottomes of theſe Garners, ſtanding directly over the ceſternes, ſhall be convenient holes made to open and ſhut at pleaſure, through which ſhall run downe the Barley into the Ceſtern.

Over the bed of the Kiln can be nothing but the place for the Hair cloth, and a ſpacious roof open everyway that the ſmoke may have free paſſage: and with the leaſt ayr be carryed from the Kiln, which maketh the *Malt* ſweet and pleaſant. Over that place where the fewell is piled, and is next of all to the bed of the Kilne, would likewiſe be other ſpacious Garners made, ſome to receive the *Malt* as ſoone as it is dryed with the Combe and Kiln-duſt, in which it may lye to mellow and ripen; and others to receive the *Malt* after it is skreened and dreſt up; for to let it bee too long in the Combe, as above three moneths at longeſt, will make it both corrupt, and breed Weevels and other worms, which are the greateſt deſtroyers of *malt* that may be. And theſe Garners ſhould be ſo conve-

niently plac't before the front of the *Kilne-bed*, that either with the shovel or a smal scuttle you may cast, or carry the *malt* once dryed into the Garners.

For the other part of the floors, they may be employed as the *ground-floors* are, for the receiving of the *malt* when it comes from the Cestern: and in this manner, and with these accommodations you may fashion any *Malt house*, either round, long, square, or of what proportion soever, as either your estate, or the convenience of the ground you have to build on shall administer.

Of Malt-floores.

Next to the cite or proportion of the ground, you shal have a principal care for the making of your *malt flooers*, in which (*all the custome and the nature of the soil binds many times a man to sundry inconveniences, and that a man must necessarily build according to the matter he hath to build withall, from whence ariseth the many diversities of Malt flooers*) yet you shall understand, that the generall best *Malt-floore*, both for Summer and Winter, and all seasons, is the cave or vaulted arch which is hewed out of a dry and main greety Rocke, for it is both warm in Winter, coole in Summer, and generally comfortable in all seasons of the year whatsoever. For it is to be noted, that all *House-wives* do give over the making of *Malt* in the extreame heat of Summer, it is not because the *Malt* is worse that is made in summer than that which is made in winter, but because the *floores* are more unseasonable, and that the Sun getting a power into such open places, maketh the Grain which is steeped to sprout and come so swiftly, that it cannot indure to take time on the *floore*, and get the right seasoning which belongeth to the same: whereas these kind of vaults being dry, and as it were coucht under

under the ground, not only keepeth out the Sunne in Summer, which maketh the Malt come much too fast, but also defendeth it from frosts and cold bitter blasts in sharp Winters, which will not suffer it to come, or sprout at all; or if part do come and sprout, as that which lyeth in the heart of the bed; yet the upper parts and out-side by meanes of extream cold cannot sprout: but being again dryed, hath his first hardnesse, and is one and the same with raw Barley; for every *House-wife* must know, that if Malt doe not come as it were altogether, and at an instant, and not one come more then another, the Malt must needes be very much imperfect.

The next Flower to the Cave, or dry sandy Rock, is the Flower which is made of earth, or a stiffe strong binding Clay well watered, and mixt with Horse-dung and Soap-ashes, beaten and wrought together, till it come to one follid firmnesse; this Flower is a very warm comfortable Flower in the Winter season, and will help the Grain to come and sprout exceedingly, and with the help of windowes to let in the cold ayre, and to shut out the violent reflection of the Sun, will serve very conveniently for the making of Malt, for nine moneths in the year, that is to say, from *September* till the end of *May*; but for *June*, *July*, and *August*, to imploy it to that purpose, will breed both losse and incumbrance. The next Flower to this of earth, is that which is made of *plaster*, *or plaster of paris*, being burnt in a seasonable time, and kept from wet, till the time of shooting, and then smoothly laid, and well levelled; the imperfection of the *plaster flower* is only the extream coldnesse thereof, which in frosty and cold seasons, so bindeth in the heart of the Grain,

that it cannot ſprout, for which cauſe it behoveth every Malſter that is compelled to theſe Floores, to look well into the ſeaſons of the yeere, and when hee findeth either the Froſts, Northern blaſts, or other nipping ſtorms to rage too violently, then to make his firſt couches or beds, when the Grain commeth newly out of the Ceſtern, much thicker and rounder than otherwiſe he would do; and as the cold abateth, or the corn increaſeth in ſprouting, ſo to make couches or beds thinner and thinner, for the thicker and cloſer the Grain is coucht and laid together, the warmer it lyeth, and ſo catching heat, the ſooner it ſprouteth, and the thinner it lyeth, the cooler it is, and ſo much the ſlower in ſprouting. This floore, if the Windowes be cloſe, and guard off the Sun ſufficiently, will (if neceſſity compell) ſerve for the making of Malt ten months in the year, only in *July* and *Auguſt*, which contain the Dog-dayes, it would not be employed, nor in the time of any Froſt, without great care and circumſpection.

Again, there is in this floor another fault, which is a naturall caſting out of duſt, which much ſullieth the Grain, and being dryed, makes it look dun and ſoule, which is much diſparagement to the Malſter; therefore ſhe muſt have great care that when the Malt is taken away, to ſweepe and keepe her floores as clean and neate as may be. The laſt and worſt is the boarded floore, of what kind ſoever it be, by reaſon of the too much heat thereof, and yet of boarded floores the Oken boarded is the cooleſt and longeſt laſting; the Elme or Beech is next, then the Aſhe, and the worſt (though it be the faireſt to the Eye) is the Firre, for it hath in it ſelf (by reaſon of the Frankinſence and

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Turpentine which it holdeth) a naturall heat, which mixed with the violence of the Sunne in the Summer-time, forceth the grain not onely to ſprout, but to grow in the couch, which is much loſſe and a ſowle impuration. Now theſe boarded floors can hardly be in uſe for above five moneths at the moſt, that is to ſay, *October*, *November*, *December*, *January*, and *February*: for the reſt, the Sun hath too much ſtrength, and theſe boarded floors too much warmth; and therefore in the cooleſt times it is good to obſerve to make the couche thin whereby the ayr may paſſe thorough the corn, and ſo cool it, that it may ſprout at leiſure.

Imperfect Floores.

Now for any other floor beſides theſe already named there is not any good to malt upon; for the common flore which is of naturall earth, whether it be Clay, Sand or Oravell, if it have no mixture at all with it more then its own nature, by oft treading upon it, groweth to gather the nature of ſaltneſſe or Salt-peter into it, which not onely giveth an ill taſte to the grain that is laid upon the ſame, but alſo his moiſture and mouldineſs, which in the moiſt times of the year ariſe from the ground, it often corrupteth and putrefieth the corn, The rough paved floor by reaſon of the unevenes, is unfit to malt on, becauſe the grain getting into the crannies, doth there lye, and is not removed or turned up and downe as ſhonld be with the hand, but many times is ſo fixed to the ground, it ſprouteth and groweth up into a greene blade, affording much loſſe and hinderance to the owner.

The ſmooth paved floore, or any floore of ſtone whatſoever is full as ill; for every one of them naturally againſt much wet or change of weather, will

sweat and distill forth such abundant moisture, that the Malt lying upon the same, can neither dry kindly and expell the former moisture received in the cestern, but also by that over-much moisture many times rotteth, and comes to be altogether useless. Lastly, for the flower made of lime and hair, it is as ill as any formerly spoken of, both in respect of the nature of the Lime, whose heat and sharpnesse is a main enemy to Malt, or any moist corn, as also in respect of the weaknesse and brittlenes of the substance thereof, being apt to molder and fall in pieces with the lightest treading on the same, and that lime and dust once mixing with the corn it doth so poyson and suffocate it, that it neither can sprout, nor turn serviceable for any use.

Of the Kilne and the building thereof.

Next unto the Malt-flowers, our Malster shall have a great care in the framing and fashioning of the Kilne, of which there are sundry sorts of moddels, as the ancient forme which was in times past used of our forefathers, being only made in a square proportion at the top with small splints or rafters, joyned within foure inches one of another, going from a maine beam, crossing the mid part of that great square: then is this great square from the top, with good and sufficient studs to be drawn slopewise narrower and narrower, till it come to the ground, so that the harth or lowest part thereof may not be above a sixth part to the great square above, on which the Malt is laid to bee dryed, and this Harth shall be made hollow and descending, and not levell nor ascending: and these Kilnes doe not hold any certain quantity in the upper square, but may ever be according to the frame of the house, some being thirty foot each way, some 20. and some eighteen. There be other Kilnes which are made after this

this manner open and ſlope, but they are round of proportion; but both theſe kind of Kilnes have one fault, which is danger of fire; or lying every way open and apt for the blaze, if the *Malſter* be any thing negligent, either in the keeping of the blaze low and forward, or not ſweeping every part about the harth any thing that may take fire, or fore-ſeeing that no ſtraws which do belong to the bedding of the Kiln do hang down, or are looſe, whereby the fire may take hold of them, it is very poſſible that the Kilne may be ſet on fire, to the great loſſe and often undoing of the owner.

The perfect Kilne.

Which to prevent, and that the Malſter may have better aſſurance and comfort in her labour, there is a Kilne now of generall uſe in this *Kingdome*, which is called a *French* Kilne, being framed of a Brick, Aſhler, or other fire-ſtone, according to the nature of the ſoyl in which *Husbands* and *Houſewives* live: and this *French* Kilne is ever ſafe and ſecure from fire, and whether the *Malſter* wake or ſleep, without extreame wilfull negligence, there can no danger come to the Kilne: and in theſe Kilnes may be burnt any kind of fewell whatſoever, and neither ſhall the ſmoke offend or breed ill taſte in the *Malt*, nor yet diſcolour it, as many times it doth in open Kilnes, where the Malt is as it were covered all over, & even parboyld in ſmoke: ſo that of all ſorts of Kilnes whatſoever, this which is called the French Kilne, is to be preferred and onely embraced. Of the forme or moddell whereof, I will not here ſtand to treat, becauſe they are now ſo generally frequent amongſt us, that not a Maſon or Carpenter in the whole Kingdome but can build the ſame; ſo that to uſe more words thereof were tedioufneſſe to little purpoſe. Now there is another kind of

Kilne

Kiln which I have ſeen (and but in the weſt-country onely) which for the profitable quaintneſſe thereof, I took ſome ſpeciall note of, and that was a Kilne made at the end of a Kitchin Raunge or Chimney, being in ſhape round and made of Brick, with a little hollowneſſe narrowed by degrees, into which came from the bottome and midſt of the Kitchin-chimney a hollow tunnell or vault, like the tunnell of a Chimny, and ranne directly on the back-ſide the hood, or back of the Kitchin-chimney; then in the midſt of the chimney, where the greateſt ſtrength of the fire was made, was a ſquare hole made of about a foot and a half every way, with an Iron thick plate to draw to and fro, opening and cloſing the whole at pleaſure; and this hole doth open onely into that tunnell which went to the Kiln, ſo that the Malt being once laid, and ſpread upon the Kiln, draw away the Iron-plate, and the ordinary fire with which you dreſſe your meate, and perform other neceſſary buſineſſes, is ſuckt up into this tunnell, and ſo convayeth the heat to the kiln, where it drieth the Malt with as great perfection, as any kiln I ſaw in my life, and needeth neither attendance or other ceremony more, then once in five or ſixe houres to turn the Malt, and take it away when it is dried ſufficiently: for it is here to be noted, that how great or violent ſoever the fire be, which is in the Chimney, yet by reaſon of the paſſage, and the quantity thereof it carrieth no more then a moderate heate to the kiln; and for the ſmoke, it is ſo carried away in other loop-holes which run from the hollowneſſe between the tunnell, and the Malt-bed, that no Malt in the world can poſſibly be ſweeter or more delicately coloured: only the fault of theſe kilns are, that they

are

are but little in compaſſe, and ſo cannot dry much at a time, as not above a quarter or ten ſtrike at the moſt in one drying, and therefore are no more but for a mans own particular uſe, and for the furniſhing of one ſetled Family; but ſo applyed, they exceed all the kilnes that I have ſeen whatſoever.

When our Malſter hath thus perfected the Malthouſe and Kiln, then next look to the well bedding of the Kiln, which is diverſly done according to mens divers opinions; for ſome uſe one thing, and ſome another, as the neceſſity of the place, or mens particular profits draw them. Bedding of the Kilne.

But firſt to ſhew you what the bedding of a *Kiln* is, you ſhall underſtand, that it is a thin covering laid upon the open rafters, which are next unto the heat of the fire, being made either ſo thin, or ſo open, that the ſmalleſt heat may paſſe thorow it, and come to the corn: this bed muſt be laid ſo even and levell as may be, and not thicker in one place then another, leaſt the Malt dry too faſt where it is thinneſt, and too ſlowly where it is thick, and ſo in the taſte ſeem to be of two ſeverall dryings.

It muſt alſo be made of ſuch ſtuffe, as having received heat, it will long continue the ſame, and be aſſiſtant to the fire in drying the corn: it ſhould alſo have in it no moiſt or darkiſh property, leſt at the firſt receiving of the fire it ſend out a ſtinking ſmoke, and ſo taint the Malt; nor, ſhould it be of any rough or ſharp ſubſtance becauſe upon this bed or bedding is laid the haire-cloth, and on the hair-cloth the Malt, ſo that with the turning the *Malt*, and treading upon the cloth, ſhould the Bed be of any ſnch roughneſſe, it would ſoone weare out the haire-cloth, which would bee both

loſſe

looſe and ill *Houſe-wifery*, which is carefully to be eſchewed.

But now for the matter or ſubſtance whereof this bedding ſhould be made, the beſt, neateſt, and ſweeteſt, is clean long Rye ſtraw, with the eares only cut off, and the ends laid even together, not one longer than another, and ſo ſpread upon the rafter of the Kilne as even and thinne as may be, and laid as it were ſtraw by ſtraw in a juſt proportion, where skill and induſtry may make it thin or thick at pleaſure, as but the thickneſſe of one ſtraw, or of two, three, foure or five, as ſhall ſeem to your judgment moſt convenient, and then this, there can be nothing more even, more dry, ſweet, or open to let in the heat at your pleaſure: and although in the old open Kilnes it be ſubject to danger of fire, by reaſon of the quickneſſe to receive the flame, yet in the *French* Kilnes (before mentioned) it is a moſt ſafe bedding, for not any fire can come neer unto it. There be others which bed the Kiln with Mat; and it is not much to be miſliked, if the Mat be made of Rye ſtraw ſowed, and woven together according to the manner of the *Indian Mats*, or thoſe uſuall thin *Bent Mats*, which you ſhall commonly ſee in the Summer time, ſtanding in *Husband-mens* Chimneyes, where one bent or ſtraw is laid by another, and ſo woven together with a good ſtrong pack-thread: but theſe *Mats* according to the old Proverb (*More coſt more worſhip*) for they are chargeable to be bought, and very troubleſome in the making, and in the wearing will not outlaſt one of the former looſe beddings, for if one thread or ſtitch breake, immediatly moſt in that rowe will follow: onely it is moſt certaine, that during the time

time it laſteth it is both good, neceſſary and handſome. But if the *Mat* be made either of Bulruſhes, Flags, or any other thick ſubſtance (as for the moſt part they are) then it is not ſo good a bedding, both becauſe the thickneſſe keepeth out the heat, and is long before it can be warmed; as alſo in that it ever being cold, naturally of it ſelfe draweth into it a certain moyſture, which with the firſt heat being expelled in ſmoke, doth much offend and breed ill taſte in the *Malt*. There be others that bed the Kilne with a kind of *matt* made of broad thin ſplints of good wrought Checkerwiſe one into another, and it hath the ſame faults which the thick *matt* hath; for it is long in catching the heat, and will ever ſmoke at the firſt warming, and that ſmoke will the *malt* ſmell on ever after; for the ſmoke of *wood* is ever more ſharpe and piercing then any other ſmoke whatſoever.

Beſides, this *Wooden matt*, after it hath once bedded the Kiln, it can hardly afterward be taken vp or removed; for by continuall heat, being brought to ſuch an extreame dryneſſe, if vpon any occaſion either to mend the Kiln, or cleanſe the Kiln, or do other neceſſary labour underneath the bedding, you ſhall take up the *wooden mat*, it would preſently crack, and fall to pieces, and be no more ſerviceable.

There be others which bed the Kiln with a bedding made all of *wickers*, of ſmall wands foulded one into another like a hurdle, or ſuch wandworke; but it is made very open, every wand at leaſt two or three fingers one from another: and this kind of bedding is a very ſtrong kind of bedding, and will laſt long, and catcheth the heat at the firſt ſpringing, only the ſmoke is offenſive, and the roughneſs without great care uſed,

will

will ſoon wear out your hair cloth: yet in ſuch places where *ſtraw* is not to be got or ſpared, and that you are compelled only to uſe *wood* for your fewell in drying your Malt, I allow this bedding before any other, for it is very good, ſtrong and long laſting: beſides, it may be taken up and ſet by at pleaſure, ſo that you may ſweep and cleanſe your Kilne as oft as occaſion ſhall ſerve, and in the neat and fine keeping of the Kilne, doth conſiſt much of the *Houſe wives* Art; for to be choakt either with duſt, durt, ſoot or aſhes; as it ſhews ſlutinеſſe and ſloth, the only great imputations hanging over a *Houſe-wife*, ſo likewiſe they hinder the labour, and make the malt dry a great deale worſe, and more unkindly.

Of fewell for the drying of Malt.

Next the Bedding of the Kilne, our Malſter by all meanes muſt have an eſpeciall care with what fewell ſhe dryeth the Malt; for commonly according to that it ever receiveth and keepeth the taſte, if by ſome eſpeciall Art in the Kiln that annoyance be not taken away. To ſpeak then of fewels in generall, they are of divers kinds according to the natures of ſoyles, and the accommodation of places in which men live; yet the bed and moſt principal fewell for the Kilnes (both for ſweetneſſe, gentle heat, and perfect drying) is either good Wheat-ſtraw, Rye-ſtraw, Barley-ſtraw, or Oaten-ſtraw; and of theſe the Wheat ſtraw is the beſt, becauſe it is moſt ſubſtantiall, longeſt laſting, makes the ſharpeſt fire, and yeelds the leaſt flame: the next is Rye ſtraw, then Oaten ſtraw, and laſt Barley ſtraw, which by reaſon it is ſhorteſt, lighteſt, leaſt laſting, and giveth more blaze then heat, it is laſt of theſe white ſtraws to be choſen: and where any of theſe fail or are ſcarce, you may take the ſtubble or after crop

of

of them, when the upper part is ſhorn away; which being wel dried and houſed, is as good as any of the reſt already ſpoken of, and leſſe chargable, becauſe it is not fit for any better purpoſe as to make fodder, meanure, or ſuch like, of more then ordinary thatching, and ſo fitteſt for this purpoſe. Next to theſe white ſtrawes, your long Fen Ruſhes, being very exceedingly well withered and dryed, and all the ſappy moyſture gotten out of them, and ſo either ſafely houſed or ſtacked, are the beſt fewell; for they make a verp ſubſtantiall fire and much laſting, neither are apt to much blazing, nor the ſmoke ſo ſharp or violent but may very well be endured: where all theſe are wanting, you may take the Straw of Peaſe, Fetches, Lupins, or Tares, any of which will ſerve, yet the ſmoke is apt to taint, and the fire without prevention dryeth too ſodainly and ſwiftly. Next to theſe is clean Bean-ſtraw, or ſtraw mixt of Beanes and Peaſe together; but this muſt be handled with great diſcretion, for the ſubſtance containeth ſo much heat, that it will rather burn then dry, if it be not moderated, and the ſmoke is alſo much offenſive. Next to this Bean-ſtraw is your Furs, Gorſe, Whins, or ſmall Bruſh-wood, which differeth not much from Bean ſtraw, onely the ſmoke is much ſharper, and tainteth the Malt with a much ſtronger favour. To theſe I may adde Braken or Braks, Ling, Heath, or Brome, all which may ſerve in time of neceſſity, but each one of them have this faule, that they adde to the Malt an ill taſte or favour. After theſe I place wood of all ſorts, for each is alike noyſome, and if the ſmoke which commeth from it touch the Malt, the infection cannot be removed; from whence amongſt the beſt *Husbands* hath ſprung this Opinion

that

that when at any time drinke is ill tasted, they say straight, it was made of Wood-dryed malt. And thus you see the generality of fuels, their vertues, faults, and how they are to be imployed. Now for Coale of all kindes, Turfe or Peate, they are not by any meanes to be used under Kilnes, except where the furnaces are so subtilly made, that the smoak is conveyed a quite contrary way, and never commeth neere the malt; in that case it skilleth not what fuell you use, so it be durable and cheap it is fit for the purpose, onely great regard must be had to the gentleness of the fire; for as the old Proverb is (Soft fire makes sweet Malt) so too rash and hasty a fire scorcheth and burneth it, which is called amongst Malsters Fire-fangd; and such Malt is good for little or no purpose: therefore to keep a temperate and true fire, is the only Art of a most skilfull Maltster.

When the Kiln is thus made and furnished of all necessaries duely belonging to the same, your Malsters next care shall be to the fashioning and making of the Garners, Hutches, or Holds in which both the malt after it is dried, and the Barly before it be steeped, is to be kept and preserved; and these Garners or Safes for Corne are made of diverse fashions, and diverse matters, as some of Boords, some of Bricks, some of Stone, some of Lime and Haire, and some of Mud, Clay or Loame: but all of these have their severall faults; for wood of all kindes breedeth Weevell and Wormes which destroy the Graine, and is indeed much too hot: for although malt would ever be kept passing drie, yet never so little over-plus of heat withers it, and takes away the vertue; for as moisture rots and corrupts it, so heat takes away and decayeth

decayeth the ſubſtance. Brick, becauſe it is laid with Lime, is altogether unwholeſome; for the Lime being apt at change of weather to ſweat, moiſteth the grain, and ſo tainteth it; and in the dryeſt Seaſons with the ſharp hot taſte, doth fully as much offend it: thoſe which are made of Stone are much more noyſome, both in reſpect of the reaſons before rehearſed, as alſo in that all Stone of it ſelfe will ſweate, and ſo more and more corrupteth the grain which is harboured in it. Lime and haire being of the ſame nature, carrieth the ſame offences, and is in the like ſort to be eſchewed. Now for mud, clay, or loame, in as much as they muſt neceſſarily be mixt with wood, becauſe otherwiſe of themſelves, they cannot knit or bind together, and beſides, that the clay or loame muſt be mixt either with chopt hay, chopt ſtraw, or chopt Litter, they are as great breeders of Wormes and vermine as wood is, nor are they defences againſt Mice, but eaſie to be wrought through, and ſo very unprofitable for any Husband or Houſwife to uſe. Beſides, they are much too hot, and being either in a cloſe houſe, neere the Kilne, or the backe or face of any other Chimney, they dry the Corn too ſore, and make it dwindle and wither, ſo that it neither filleth the buſhel nor inricheth the liquor, but turnes to loſſe every way. The beſt Garner then that can be made both for ſafety and profit, is to be made either of broken tile-ſhread, or broken brickes, cunningly and even laid & bound together with Plaſter of Paris, or our ordinary Engliſh Plaſter, or burnt Alablaſter, and then covered all over both within and without, in the bottome and on every ſide, at leaſt three fingers thick with the ſame Plaſter, ſo as no bricke or tyle-ſhread may by

any means be ſeen, or come neer to touch the Corne, and theſe Garners you may make as big, or as little as you pleaſe, according to the frame of your houſe, or places of moſt convenience for the purpoſe, *which indeed would ever be as neer the Kilne as may be, that the ayre of the fire in the dayes of drying, may come unto the ſame, or elſe neer the backes or ſides of Chimnies, where the ayre thereof may correct the extream coldneſſe of the plaſter, which of all things that are bred in the earth, is the coldeſt thing that may be, and yet moſt dry, and not apt to ſweat, or take moyſture, but by ſome violent extremity; neither will any worme, or vermine come neer it, becauſe the great coldneſſe thereof is a mortall enemy to their natures, and ſo theſe ſafeſt and longeſt theſe Garners of plaſters keep all kind of Graine, and Palſe in the beſt perfection.*

The making of Ceſterns.

After theſe Garners, Hutches, or large Keepes for Corn are perfitted and made, and fitly adjoyned to the Kilne, the next thing that our Maultſter hath to look unto, is the framing of the Fatts or Ceſternes, in which the Corn is to be ſteeped, and they are of two ſorts; *that is*, either of Coopers work, being great Fatts of Wood, or elſe of Maſons work, being Ceſternes made of ſtone; bnt the Ceſtern of ſtone is much the better; for beſides that theſe great Fatts of Wood are very chargeable and coſtly (as a Fatt to contain four quarters of Grain, which is but two and thirty buſhels, cannot be afforded under twenty ſhillings) ſo likewiſe they are very caſuall and apt to miſchance and ſpilling; for, and beſides their ordinary wearing, if in the heat of Summer they be never

ſo

ſo little neglected without water, and ſuffered to be over-drye, it is tenne to one but in the Winter they will be ready to fall in peeces; and if they bee kept moyſt, yet if the water be not oft ſhifted and preſerved ſweet, the Fatte will ſoone taynt, and beeing once growne faulty, it is not onely irrecoverable, but alſo whatſoever commeth to be ſteeped in it after will be ſure to have the ſame ſavour, beſides the wearing and breaking of Garthes and Plugges the binding clenſing, ſweetning, and a whole world of other troubles and charges doth ſo dayly attend them, that the benefit is a great deale ſhort of the incumbrance; whereas the Stone Ceſtern is ever ready and uſefull, without any vexation at all, and being once well and ſufficiently made, will not need trouble or reparation (more then ordinary waſhing) ſcarce in a hundred yeares.

Now the beſt way of making theſe Malt-ceſternes, is to make the bottoms and ſides of good tyle-ſhreads fixed together with the beſt Lime and Sand, and the bottome ſhall be raiſed at leaſt a foot and a half higher then the ground, and at one corner in the bottome a fine artificiall round hole muſt be made, which being outwardly ſtopt, the maltſter may through it drain the Ciſtern dry when ſhe pleaſeth, and the bottome muſt be ſo artificially leveld and contrived, that the water may have a true diſcent to that hole, and not any remain behind when it is opened.

Now when the modell is thus made of tile-ſhread, which you may do greator little at your pleaſure: then with Lime, Hair, and Beaſts-blood mixed together, you ſhall cover the bottome at leaſt two inches thick laying it level and plaine, as is before ſhewed: which

done you ſhall alſo cover all the ſides and toppe, both within and without, with the ſame matter, at leaſt a good fingers thickneſſe, and the main Wall of the whole ciſtern ſhall be a ful foot in thickneſſe, as well for ſtrength and dureableneſſe, as other private reaſons for the holding the grain and water, whoſe poyſe and weight might otherwiſe in danger a weaker ſubſtance. And thus much concerning the Malt-houſe, and thoſe ſeverall accommodations which do belong unto the ſame.

The manner hw to make Malt.

I will now ſpeake a little in generall as touching the Art skill and knowledge of Malt making, which I have referred to the concluſion of this chapter, becauſe whoſoever is ignorant in any of the things before ſpoken of, cannot by and meanes ever attain to the perfection of moſt true any moſt thrifty malt making. To beginne then with the Art of making, or (as ſome tearme it melting of malt, you ſhall firſt (having proportioned the quantity you mean to ſteepe, which ſhould ever be anſwerable to the continent of your Ciſtern, and your Ciſtern to your flowers) let it either runne downe from your upper Garner into the Ciſtern, or otherwiſe be carryed into your Ciſtern, as you ſhall pleaſe, or your occaſions deſire, and this Barley would by all means be very Cleane, and neatly dreſt; then when your Ciſtern is filled, you ſhall from your Pomp or Well, convey the water into the ciſtern, till all the corn be drencht, and that the water float above it: if there be any corn that will not ſinke, you ſhall with your hand ſtirre it abont, and wet it, and ſo let it reſt and cover the ceſtern; and thus for the ſpace of three nights you ſhall let the Corne ſteepe in the water. After the there night is expired, the

the next morning you ſhall come to the Ceſtern, and pluck out the plug or bung-ſtick, which ſtoppeth the hole in the bottome of the Ceſterne, and ſo draine the water clean from the Corne, and this water you ſhall by all meanes ſave, for much light Corne and others will come forth with this drain-water, which is very good Swines meat, and may not be loſt by any good *Houſe-wife*. Then having drained it, you ſhall let the Ceſtern drop all that day, and in the evening with your ſhovell you ſhall empty the Corn from the Ceſtern unto the Malt-flowre, and when all is out, and the Ceſtern cleanſed, you ſhall lay all the wet corn on a great heap round or long, and flat on the top; and the thickneſſe of this heap ſhall be anſwerable to the ſeaſon of the year; for if the weather be extreame cold, then the heap ſhall be made very thicke, as three or four foot, or more, according to the quantity of the grain: but if the weather be temperate and warme, then ſhall the heap be made thinner, as two foot, a foot and a half, or one foot, according to the quantity of the grain. And this heap is called of Malſters a Couch or Bed of raw Malt.

In this couch you ſhall let the corn lye three nights more without ſtirring, and after the expiration of the three nights, you ſhall look upon it, and if you find that it beginneth but to ſprout (which is called comming of Malt) though it be never ſo little, as but the very white end of the ſprout peeping out (ſo it be in the outward part of the heape or couch) you ſhall then break open the couch, and in the middeſt where the Corn lay neereſt) you ſhall finde the ſprout or Corn of a greater largeneſſe; then with your ſhovell you ſhall turne all the outward part of the couch in-

ward, and the inward outward, & make it at leaſt three or four times as big as it was at the firſt, and ſo let it be all that day and night, and the next day you ſhall with your ſhovell turn the whole heap over againe, increaſing the largeneſſe and making it of one indifferent thickneſs over all the floore, that is to ſay, not above a handfull thick at the moſt, not failing after for the ſpace of fourteen dayes, which doth make up full in all three weekes, to turn it all over twice or thrice a day according to the ſeaſon of the weather, for if it be warm, the Malt muſt be turned oftner; if cool, then it may lie looſer, thicker, and longer together, and when the three weeks is fully accompliſht, then you ſhall (having bedded your Kilne, and ſpread a cleane hair-cloath thereon) lay the Malt as thinne as may be (as about three fingers thickneſs) upon the hair-cloath, and ſo dry it with a gentle and ſoft fire, ever and anon turning the Malt (as it drieth on the Kilne) over and over with your hand, till you find it ſufficiently well dried, which you ſhall know both by the taſte when you bite it in your mouth, and alſo by the falling off the Come or ſprout, when it is throughly dried. Now as ſoon as you ſee the Come beginne to ſhed, you ſhall in the turning of the Malt rubbe it well between your hands, and ſcowr it to make the Come fall away, then finding it all ſufficiently dried, firſt put out your fire then let the Malt cool upon the Kiln for four or five hours, and after raiſing up the four corners of the hair cloath, and gathering the Malt together on a heape, empty it with the Come and all into your garners, and there let it lye (if you have not preſent occaſion to uſe it) for a moneth or two or three to ripen, but no longer, for as the come

The drying of Malt.

come or duſt of the Kiln, for ſuch a ſpace melloweth and ripeneth the Malt making it better both for ſale or expence, ſo to lye too long in it doth ingender Weevell, Wormes, and Vermine which doe deſtroy the grain.

Now for the dreſſing and cleanſing of Malt at ſuch time as it is either to be ſpent in the houſe, or ſold in the Market; you ſhal firſt winnow it with a good *wind* either from the Ayr, or from the Fan; and before the winnowing, you ſhall rub it exceeding well betweene your hands, to get the *come* or *ſproutings* cleane away: for the beauty and goodneſſe of *malt* is when it is moſt ſmug, cleane, bright, and likeſt to Barley in the view, for then there is leaſt waſt and greateſt profit: for *come* and *duſt* drinketh up the liquor, and gives an ill taſt to the drink. After it is well rub'd and winnowed, you ſhall then ree it over in a fine Sive, and if any of the *malt* be uncleanſed, then rub it again into the Sive till it be pure, and the rubbings will ariſe on the top of the Sive, which you may caſt off at pleaſure, & both thoſe rubbings from the Sive, and the chaff, and duſt which commeth from the winnowings ſhould be ſafe kept; for they are very good Swines meate, and feed well, mixt either with Whey or Swillings: and thus after the *malt* is reed, you ſhall either ſack it up for eſpecial uſe or put it into a well cleanſed Garner, where it may lye till there be occaſion for expence.

Now there be certain obſervations in the making of *malt*, which I may by no meanes omit: for though divers opinions do diverſly argue them, yet as neere as I can, I will reconcile them to that truth, which is moſt conſonant to reaſon, and the rule of honeſty and equality.

First, there is a difference in mens *opinions* as touching the constant time for the mellowing and making of the Malt; that is, from the first steeping untill the time of drying; for some will allow both Fat and Flowre hardly a fortnight, some a fortnight and two or three dayes, and do give this reason.

First, *they say, it makes the Corn look wither and brighter, and doth not get so much the fulling and foulnesse of the flowre, as that which lyeth three weeks, which makes it a great deale more beautifull, and so more saleable*: Next, *it doth not come or shoot out so much sprout, as that which lieth a longer time, and so preserveth more heart in the grain, makes it bold and fuller, and so consequently more full of substance, and able to make more of a little, than the other much more.*

These reasons are good in shew, but not in substantiall truth: for (although I confesse that corne which lyeth least time of the flowre must be the whitest and brightest) yet that which wanteth any of the due time, can neither ripen, mellow, nor come to true perfection, and lesse then three weeks cannot ripen Barley: for look what time it hath to swell and sprout, it must have full that time to flourish, and as much time to decay: now in lesse then a week it cannot do the first, and so in a week the second, and in another week the third; so that in lesse thee three weeks a man cannot make perfect Malt. Again, *I confesse, that Malt which hath the least Corne, must have the greatest Kernell, and so be most substantiall; yet the Malt which putteth not out his full sprout, but hath that moisture (with too much hast) driven in which should be expelled, can never be Malt of any long lasting, or profitable for indurance, because it hath so much moist substance as doth make it both*

apt

*apt to corrupt and breed Worms in moſt great abundance:* It is moſt true, that this haſty made Malt is faireſt to the eye, and will ſooneſt be vented in the Market; and being ſpent as ſoon as it is bought, little or no loſſe is to be perceived, yet if it be kept three or four moneths or longer (unleſſe the place where it is kept, be like a hot Houſe) it will ſo dank and give again, that it will be little better then raw Malt, and ſo good for no ſervice without a ſecond drying.

Beſides, Malt that is not ſuffered to ſprout to the full kindly, but is ſtopt as ſoon as it begins to peepe, much of that Malt cannot come at all, for the moiſteſt grains do ſprout firſt, and the hardeſt are longer in breaking the huſk; now, if you ſtop the grain on the firſt ſprouts, and not give all leiſure to come one after another, your ſhall have half Malt, and half Barley, and that is good for nothing but Hens and Hogs trough. So that to conclude, leſſe then three weeks you cannot have to make good and perfect Malt.

Next, there is a difference in the turning of the Malt, for ſome (and thoſe be the moſt Men-malſters whatſoever) turn all their Malt with the ſhovel, and ſay it is more eaſie, more ſpeedy, add diſpatcheth more in an hour, then any other way doth in three; and it is very true, yet it ſcattereth much, leaveth much behind unturn'd, and commonly that which was undermoſt, it leaveth undermoſt ſtill, and ſo by ſome comming too much, and others not comming at all, the Malt is oft much imperfect, and the old ſaying made good, *that too much haſt maketh waſt.* Now, there are others (and they are for the moſt part women Malſters) which turn all with the hand, and that is the beſt, ſafeſt, and moſt certaine way; for there is not a graine which the hand

hand doth not remove, and turn over and over, and layes every ſeverall heape or row of ſuch an even and juſt thickneſs, that the Malt both equally commeth, & equally ſeaſoneth together without defect or alteration: and though he that hath much Malt to make, will be willing to harken to the ſwifteſt courſe in making yet he that wil make the beſt Malt, muſt take ſuch convenient leiſure, and imploy that labor which commeth neereſt to perfection.

Then there is another eſpeciall care to be had in the comming or ſprouting of *malt*, which is, that as it muſt not come too little, ſo it muſt not by any means come too much, for that is the groſſeſt abuſe that may be: and that which we call comed or ſprouted too much, is, when either by negligence, for want of looking to the couch, and not opening of it, or for want of turning when the *malt* is ſpread on the floor, it come or ſprout at both ends, which *Husbands* call Akerſpierd; ſuch corn by reaſon the whole heart or ſubſtance is driven out of it, can be good for no purpoſe but the Swine-trough, and therefore you muſt have an eſpecial care both to the well tending of the couch, and the turning the *Malt* on the floore, and be ſure (as neere as you can by the ordering of the couch, and happing the hardeſt grain inward and warmeſt (to make it all Come very indifferently together. Now, if it ſo fall out, that you buy your Barley, and happen to light on mixt grain, ſome being old Corn, ſome new Corn, ſome of the hart of the ſtack, and ſome of the ſtaddle, which in an ordinary deceit with *Husband-men* in the *market*, then you mny be wel aſſured, that this grain can never Come or ſprout equally together, for the new Corne will ſprout before the old, and the ſtaddle before that

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in the heart of the ſtack by reaſon the one exceedeth the other in moiſtneſs: therefore in this caſe you ſhall marke wel which commeth firſt, which will be ſtil in the heart of the Couch, and with your hand gather it by it ſelf into a ſeperate place, and then heape the other together again; and thus as it commeth and ſprouteth ſo gather it from the heap with your hand, and ſpread it on the floor and keep the other ſtill in a thick heap till all be ſprouted. Now laſtly obſerve, that if your Malt be hard to ſprout or Come, and that the fault conſiſt more in the bitter coldneſs of the ſeaſon, than any defect of the corn, that then (beſides the thick or cloſe making of the heap or couch) you faile not to cover it over with ſome thick woollen cloathes, as coutſe Coverlids, or ſuch like ſtuffe, the warmth whereof will make it come preſently: which once perceived, then forthwith uncloth it, and order it as aforeſaid in all points. And thus much for the Art, order, skill, and cunning, belonging to the Malt-making.

Of Oate-Mat.

Now as touching the making of Oates into Malt, which is a thing of generall uſe in many parts of this Kingdome where Barley is ſcarſe, as in *Cheſhire*, *Lancaſhire*, much of *Darbiſhiere*, *Devonſhire*, *Cornwall* and the like, the heart and skill is all one with that of Barley, nor is there any variation or change of work, but one the ſame order ſtill to be obſerved, onely by reaſon that Oates are more ſwift in ſprouting, and apt to clutter, ball and hang together by the length of the ſprout then Barley is, threfore you muſt not fail but turn them oftner then Barley, and in the turning be carefull to turn all, and not leave any unmoved. Laſtly, they will need leſs of the floor than Barley wil for in a ful fortnight, or a fortnight and two or three

three days you may make very good and perfect Oat-malt. But becauſe I have a great deale more to ſpeake particularly of Oates in the next *Chapter*, I will here conclude this, and adviſe every skilfull *Houſe-wife* to joyn with mine obſervations, her owne tryed experience, and no doubt but ſhe ſhall find both profit and ſatisfaction.

## CHAP. 6.

### *Of the excellency of Oates, and the many ſingular vertues and uſe of them in a Family.*

OAts although they are of all manner of grain the cheapeſt, becauſe of their generality being a grain of that goodneſs and hardneſt, that it will grow in any ſoyl whatſoever, be it never ſo rich, or never ſo poor, as if Nature had made it the only loving companion and true friend to mankind; yet it is a grain of that ſingularity for the multiplicity of vertues, and neceſſary uſes for the ſuſtenance and ſupport of the Family, that not any other grain is to be compared with it, for if any other have equall vertue, yet it hath not equall value, and if equal value, then it wan's many degrees of equall vertue; ſo that joyning vertue and value together, no *Husband*, *Houſe-wife*, or *Houſe-keeper* whatſoever, hath ſo true and worthy a friend, as his Oates are.

The vertue of Oates to cattell.

To ſpeak then firſt of the vertues of Oates, as they accrew to cattel and creatures without door, and firſt to begin with the Horſe, there is not any food whatever that is ſo good, wholeſome, and agreeable with the nature of a Horſe, as Oates are, being a Provender in which hee taketh ſuch delight, that with it hee feedeth

feedeth, travelleth, and doth any violent labour whatsoever with more courage and comfort, then with any other food that can be invented, as all men know, that have either use of it, or Horses: neither doth the horse ever take surfeit of Oats, if they be sweet & dry) for all be, he may well be glutted or stalled upon them (with indiscreet feeding) and so refuse them for a little time, yet he never surfeiteth, or any present sickness follow after; whereas no other grain but glut a Horse therewith, and instantly sickness will follow which shewes surfeit, and the danger is oft incurable: for we read in *Italy*, at the siege of *Naples*, of many hundred Horses that died on the surfeit of wheat; at *Rome* also died many hundred horses of the plague, which by due proof was found to proceed from a surfeit taken of peason and fitches; and so I could run over all other graines, but it is needlesse, and farre from the purpose I have to handle: suffice it, Oats for Horses are the best of all foods whatsoever, whether they be but onely clean thresht from the straw, and so dryed, or converted to Oat-meal, and so ground and made into bread, Oats boild and given to a Horse whilst they are cool and sweet are an excellent food for any horse in the ti ne of disease, poverty, or sickness for they scowre and fat exceedingly.

In the same nature that Oates are for Horses, so are they for the Asse, Mule, Camell, or any other Beast of burthen.

If you will feed either Oxe Bull Cow or any Neat, whatsoever to an extraordinary height of fatnesse, there is no food doth it so soone as Oates doth, whether you give them in the straw, or clean thaesht from the sheaf, and well winnowed; but the winnowed Oate

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is the beſt, for by them I have ſeen an Oxe fed to twenty pound, to twenty foure pound, and thirty pounds, which is a moſt unreaſonable reckoning for any beaſt; onely fame and the tallow hath been precious.

Sheepe or Goats may likewiſe be fed with Oats, to as great price and profit as with Peaſe, and Swine are fed with Oats, either in raw Milt or otherwiſe, to as great thickneſſe as with any graine whatſoever; onely they muſt have a few Peaſe after the Oats to harden the fat or elſe it will waſt, and conſume in boyling. Now for holding Swine, which are onely to be preſerved in good fleſh, nothing is better then a thin mange made of ground Oats, Whey, Butter-milke, or other ordinary waſh, or ſwillings, which either the Dairy or Kitchin affordeth; nor is there any more ſoveraigne or excellent meat for Swine inthe time of ſickneſſe, then a mange made of ground Oats and ſweet Whey, warmed luke-warm on the fire, and mixt with the powder of Raddle or red Oaker. Nay if you will goe to the matter of pleaſure, there is not any meat ſo excellent for the feeding, and wholeſome keeping of a Kennell of hounds, as the Mange made of ground oats and ſcalding water, or of beeſe-broth, or any other broth, in which fleſh hath beene ſodden, if it be for the feeding, ſtrengthning and comforting of Greyhounds, Spaniels, or any other ſort of tenderer Doggs; there is no meat better then ſheeps-heads, haire and all, or other, intralls of Sheepe chopt and well ſodden with good ſtore of Oat-meal.

Now for all manner of Poultry, as Cocks, Capons Hens, Chickens of great ſize, Turkeys Geeſe, Ducks, Swannes and ſuch like, there is no food feedeth them better then Oats, and if it be the young breed of any

of

of thoſe kinds, even from the firſt hatching or diſcloſing, till they be able to ſhift for themſelves; there is no food better whatſoever then Oat-meal Groats, or fine Oat-meale, either ſimple of it ſelfe, or elſe mixt with milk, drink, or elſe new made Urine.

Thus much touching the vertues and quality of Oates or Oat-meale, as they are ſerviceable for the uſe of Cattell and Poultry. Now for the moſt neceſſary uſe thereof for man, and the generall ſupport of the family, there is no grain in our knowledge anſwerable unto it. Vertue of oats for man.

*Firſt, for the ſimple Oat it ſelf (excepting ſome particular phyſick helpes as frying them with ſweet butter, and putting them in a bag, and very hot applyed to the belly, or ſtomack, to avoid collick or windineſſe, and ſuch like experiments) the moſt eſpeciall uſe which is made of them, is for Malt to make Beer or Ale of, which it doth exceeding well, and maintaineth many Towns and Countries; but the Oat-meale which is drawn from them, being the heart and kernel of the Oat, is a thing of much rarer price and eſtimation; for to ſpeak truth, it is like Salt of ſuch a general uſe, that without it hardly can any Family be maintained*: therefore, I think it not much amiſſe to ſpeak a word or two touching the making of Oate-meale, you ſhall underſtand then, *that to make good and perfect Oat-meale, you ſhall firſt dry your Oates exceeding well; and then put them on the Mill, which may either be Water-mill, Wind-mill, or Horſe-mill, (but the horſe-mil is beſt) and no more but cruſh or hull them; that is, to carry the ſtones ſo large, that they may no more but cruſh the huske from the Kernell*: then you ſhall winnow the hulls from the Kernells either with the wind or a Fan, and finding them of an indifferent cleanneſſe Making of Oat-meale.

cleanneſſe (for it is impoſſible to hull them all clean at the firſt) you ſhall then put them on again, and making the Mill go a little cloſer, run them through the Mill again, and then winnow them over againe, and ſuch Greets or Kirnels as are clean hull'd, and well cut, you may lay by, and the reſt you ſhall run through the mill again the third time, and ſo winnow them againe, in which time all will be perfit, and the Greets or full Kirnels will ſeparate from the ſmaller Oat-meale; for you ſhall underſtand, that at this firſt making of Oat-meale, you ſhall ever have two ſorts of Oat-meales; that is, the full whole Greet or Kirnell, and the ſmall duſt Oat-meale: As for the courſe Hulls or Chaffe that commeth from them, that alſo is worthy ſaving; for it is an excellent good Horſe provender, for any plow or labouring Horſes, being mixt with either Beans, Peaſe, or any other Pulſe whatſoever.

The vertues of Oat-meal.

Now for the uſe and vertues of theſe ſeverall kinds of Oat-meales in maintaining the Family, they are ſo many (according to the many cuſtomes of many Nations) *that is almoſt impoſſible to reckon all*; yet (as neere as I can) I will impart my knowledge, and what I have tane from relation.

*Firſt, for the ſmall Duſt, or meale Oat-meal, it is that with which all pottage is made and thickned, whether they be Meat-pottage, Milk-pottage, or any thick, or elſe thin Grewell whatſoever, of whoſe goodneſſe and wholeſomeneſſe it is needleſſe to ſpeake, in that it is frequent with every experience: Alſo, with this ſmall meale Oate-meale is made in divers Countries ſixe ſeverall kindes of very good and wholeſome bread, every one finer then other, as your Anacks, Ianacks, and ſuch like.* Alſo, there

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is made of it, both thick, and thin Oaten cakes, which are very pleasant in tast, and much esteemed: but if it be mixed with fine wheate meale, then it maketh a most delicate and dainty Oate-cake, either thicke or thin, such as no Prince in the world but may have them served to his table; also this smal oat-meale mixed with blood, and the Liver of either Sheepe, Calfe, or Swine maketh that pudding which is called the Haggas or Haggus, of whose goodnesse it is in vaine to boast, because there is hardly to be found a man that doth not affect them. And lastly, from this small oat-meale by oft steeping it in water and cleansing it; and then boyling it to a thick and stiffe jelly, is made that excellent dish of meat which is so esteemed of in the west parts of this Kingdome, which they call *Wash-brew*, and in *Cheshire*, and *Lancashire* they call it *Flamery*, or *Flummery*, the wholesomnesse and rare goodnesse, nay, the very Physicke helpes thereof, being such and so many that I my selfe have heard a very reverend and worthily renowned Phisitian speak more in the commendations of that meete, then of any other foode whatsoever: and certaine it is that you shal not heare of any that ever did surfeite of this *Wash-brew* or *Flammery*; and yet I have seene them of very dainety and sickely stomackes which have eaten great quantities thereof beyond the proportion of ordinary meates. Now for the manner of eating this meate, it is of diverse diversly used; for some eate it with hony, which is reputed the best sauce; some with Wine, either Sacke, Claret or White; some with strong Beere, or strong Ale, and some with milke, as your ability, or the accommodations of the place will administer. Now there is derived from this *Wash-brew* another courser meate,

which is as it were the dregges, or groſſer ſubſtance of the Waſh-brew, which is called Gird-brew, which is a well filling and ſufficient meat, fit for ſervants and men of labour; of the commendations whereof, I will not much ſtand, in that it is a meat of harder diſgeſtion, and fit indeed but for ſtrong able ſtomacks, and ſuch whoſe toyl and much ſweat both liberally ſpendeth evil humors, and alſo preſerveth men from the offence of fulneſſe and furfeits.

Now for the bigger kind of Oat-meale, which is called Greets, or Corn Oat-meale, it is of no leſſe uſe then the former, nor are there fewer meats compounded thereof: for firſt, of theſe Greets are made all ſorts of puddings, or pots (as the Weſt-Countrey tearms them) whether they be black, as thoſe which are made of the bloud of Beaſts, Swine, Sheep, Geeſe, Red or Fallow Deere, or the like, mixt with whole Greets, Suet, and wholeſome hearbs, or elſe white, as when the Greets are mixt with good Cream, Egges, Bread-crums, Suet, Currants, and other wholeſome Spices. Alſo of theſe Greets are made the good Fryday pudding, which is mixt with Egs, Milk, Suet, peny-royal, and boyl'd firſt in a linnen bag, and then ſtript and buttered with ſweet butter. Again, if you roſt a Gooſe, and ſtop her belly with whole grits beaten together with Egs, and after mixt with the gravy, there cannot be a more better or pleaſanter ſawce: nay, if a man be at Sea in any long travel, he cannot eat a more wholeſome and pleaſant meat then theſe whole Grits boyl'd in water til they burſt, and then mixt with butter, and ſo eaten with ſpoons, which although Seamen cal ſimply by the name of Loblolly, yet there is not any meat how ſignificant ſoever the name be, that

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is more toothſome or wholeſome. And to conclude, there is no way or purpoſe whatſoever to which a man can uſe or imploy Rice; but with the ſame ſeaſoning and order you may imploy the whole greetes of Oatmeale, and have full as good and wholeſome meate, and as wel taſted; ſo that I may wel knit up this chapter with this approbation of Oat meal, that the little charge and great benefit conſidered, it is the very Crowne of the *Houſ-wives* garland, and doth more grace her table and her knowledge, then all graines whatſoever; neither indeed can any Family or Houſhold be wel and thriftily maintained where this is either ſcant or wanting. And thus much touching the nature, worth, vertues, and great neceſſity of Oates and Oat-meale.

## CHAP. 8.

*Of the Office of the Brew-houſe, and the Bake-houſe, and the neceſſary things belonging to the ſame.*

WHen our *Engliſh Houſe-wife* knows how to preſerve health by wholeſome Phyſicke, to nouriſh by good meate, and to cloath the body with warm garments, ſhe muſt not then by any meanes be ignorant in the proviſion of Bread and Drinke; ſhee muſt know both the proportions and compoſitions of the ſame. And for as much as drink is in every houſe more generally ſpent then bread, being indeede (but how well I know not) made the very ſubſtance of all entertainment; I will firſt beginne with it. and therefore you ſhal know that generally our Kingdome hath but two kinds of drinks, that is to ſay, Beer and Ale, Diverſities of Drinkes.

Ale, but particularly foure, as Beere, Ale, Perry and Cider; and to these we may adde two more, Meed and Methoglin, two compound drinkes of hony and hearbs which in the places where they are made, as in *Wales* and the marches, are reckoned for exceeding wholesome and cordiall.

Strong Beere. To speake then of Beere, although there be divers kinds of tasts and strength thereof, according to the allowance of *Malt*, *Hoppes*, and age given unto the same, yet indeed there can be truly sayd to be but two kinds thereof; namely, ordinary Beere, and march Beere, all other Beeres beeing derived from them.

Of ordinary Beere. Touching ordinary beere, which is that wherewith either Nobleman, Gentleman, Yeoman, or Husbandman shall maintaine his family the whole yeere, it is meet first that our *English housewife* respect the proportion or allowance of Mault due to the same, which amongst the best *Husbands* is thought most convenient and it is held, that to draw from one quarter of good Malt three Hogsheads of beer, is the best ordinary proportion that can be allowed, and having age and good caske to ly, in it wil be strong enough for any good mans drinking.

Of brewing ordinary beer. New for the Brewing of ordinary Beere, your Malt being well ground and put in your Mash-fat, and your liquor in your lead ready to boyle, you shall then by little and little with scoopes or pailes put the boyling liquor to the Malt, and then stirre it even to the bottome exceedingly well together (which is called the mashing of the Malt) then the liquor swimming in the top cover alover with more Malt; and so let it stand an houre and more in the mash fat, during which space you may if you please heate, more liquor

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in your lead for your ſecond or ſmall drink, this done, pluck up your maſhing ſtroam, and let the firſt liquor run gently from the *Malt*, either in a clean trough, or other veſſels prepared for the purpoſe, and then ſtopping the Maſh-fat again, put the ſecond liquor to the malt, and ſtir it well together; then your Lead being emptied, put your firſt liquor or wort therein, and then to every quarter of Malt, put a pound and a halfe of the beſt Hops you can get; and boile them an houre together, till taking up a diſhfull thereof, you ſee the hops ſhrink into the bottome of the diſh; this done, put the wort thorow a ſtrait Sive which may draine the hops from it into your cooler, which ſtanding over the Guil-fat, you ſhall in the bottome thereof ſet a great bowl with your barm, & ſome of the firſt wort (before the *Hops* come into it mixt together) that it may riſe therein, and then let your wort drop or run gently into the diſh with the barm which ſtands in the Guil-fat, and this you ſhall doe the firſt day of your brewing, letting your *cooler* drop all the night following, & ſome part of the next morning, and as it drops if you find that a black skum or mother riſeth upon the barm, you ſhal with your hand take it off, and caſt it away, then nothing being left in the cooler, and the Beer well riſen, with your hand ſtir it about, & ſo let it ſtand an hour after, and then beating it and the barm exceeding well together, tun it up into the Hogſ-heads, being clean waſh'd and ſcalded, and ſo let it purge: and herein you ſhal obſerve not to tun your veſſels to full, for fear thereby it purge to much of the barm away: when it hath purged a day and a night, you ſhall cloſe up the bung-hole with clay, & only for a day or two after keep a vent-hole in it, and after cloſe it up as faſt

as may be. Now for your second or small drink which are left upon the grain, you shall suffer it there to stay but an hour, or a little better, and then drain it all off also, which done, put it into the Lead with the former Hops, and boyl the other also, then cleer it from the Hops, and cover it very close, til your first Beer be tunned and then as before, put it also to Barm, and so run it up also in smaller vessels, and of this second beer you shal not draw above one Hogshead to three of the better. Now there be divers other waies and observations, for the brewing of ordinary beer, but none so good, so easie, so ready and quickly performed, as this before shewed; neither will any Beer last longer, or ripen sooner, for it may be drunk at a fortnights age and will last as long and lively.

Of brewing the best march beer.

Now for the brewing of the best March-Beere, you shal alow to a Hogshead thereof, a quarter of the best Malt wel ground; then you shal take a Peck of Pease, half a peck of Wheat, and half a peck of Oats, and grind them all very well together, and then mixe them with your Malt; which done, you shall in all points brew this beer as you did the former ordinary Beere; only you shall allow a pound and a half of Hops to this one Hogshead: and whereas before you drew but two sorts of Beer: so now you shall draw three; that is, a Hogshead of the best and a Hogshead of the second, and half a Hogshead of small beer, without any augmentation of Hops or Malt.

This March beer would be brewed in the moneths of *March* or *Aprill*, and (should if it have right) have a whole yeer to ripen in: it will last two, three, and four yeeres if it lie coole and close, and endure the drawing to the last drop, though with never so much leisure.

Now

Now for the brewing of ſtrong Ale, becauſe it is drink of no ſuch long laſting as beer is, therefore you ſhall brew leſſe quantity at a time thereof, as two buſhels of Northern meaſure (which is four buſhels, or half a quarter in the South) at a brewing, and not above, which will make fourteen gallons of the beſt Ale. Now for the maſhing and ordering of it in the maſh-fat, it will not differ any thing from that of Beer, as for Hops, although ſome uſe not to put in any, yet the beſt Brewers thereof will allow to fourteen gallons of Ale a good eſpen full of hops, and no more, yet before you put in your Hops, as ſoon as you take it from the graines, you ſhall put it into a veſſell, and change it, or blink it in this manner: put into the wort a handfull of Oke-bowes, and a pewter-diſh, and let them lie therein, till the wort look a little paler than it did at the firſt, and then preſently take out the diſh and the leafe, and then boile it a full hour with the Hops, as aforeſaid, and then cleanſe it, and ſet it in veſſells to coole; when it is milk-warm, having ſet your Barm to riſe with ſome ſweet wort: then put all into the Guilefat, and as ſoon as it riſeth, with a diſh or bowle beat it in, and ſo keep it with continuall beating a day and a night at leaſt, & after tun it. From this Ale you may alſo draw half ſo much very good midle Ale, and a third part very good ſmall Ale. *Brewing of ſtrong Ale.*

Touching the brewing of Bottle-ale, it differeth nothing at all from the brewing of ſtrong Ale, onely it muſt be drawn in a larger proportion, as at leaſt twenty gallons of half a quarter; and when it comes to be changed, you ſhall blink it (as was before ſhewed) more by much then was the ſtrong Ale, for it muſt be pretty and ſharp, which giveth the life and quick- *Brewing of bottle Ale.*

neſſe

neſſe to the Ale: and when you tun it, you ſhall put it into round bottles with narrow mouths and then ſtopping them cloſe with cork, ſet them in a cold Cellar up to the waſt in ſand, and be ſure that the corkes be faſt tyed in with ſtrong pack-thread, for fear of riſing out, or taking vent, which is the utter ſpoyl of the Ale.

Now for the final drink ariſing from this Bottle-ale or any other Beer or Ale whatſoever, if you keepe it after it is blinck'd and boyled in a cloſe veſſel, and then put it to barm every morning as you have occaſion to uſe it, the drink will drink a great deal the freſher, and be much more lively in taſte.

Of making Perry or Cyder.

As for the making of Perry and Cider, which are drink much uſed in the Weſt parts, and other Countries well ſtored with fruit in this Kingdom; you ſhall know that your Perry is made of Pears only, and your Cider of Apples; and for the manner of making thereof, it is done after one faſhion, that is to ſay, after your Pears and Apples are well pick'd from the ſtalks, rottenneſſe, and all manner of other filth, you ſhall put them in the Preſſe-mill, which is made with a Mill-ſtone running round in a circle, under which you ſhall cruſh your Pears or Apples, and then ſtraining them thorow a bag of hair-cloth, tun up the ſame (after it hath been a little ſetled) into Hogſ-heads, Barrels, and other cloſe veſſels.

Now after you have preſt all, you ſhall ſave that which is within the hair-cloth bag, and putting it into ſeverall veſſels, put a pretty quantity of Water thereunto, and after it hath ſtood a day or two, and hath been well ſtirred together, preſſe it over alſo againe, for this will make a ſmall Perry or Cider, and muſt be

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ſpent firſt. Now of your beſt ſider that which you make of your ſummer, or ſweet fruit, you ſhall call ſummer, or ſweet cider or, perry, and that you ſhall ſpend firſt alſo; and that which you make of the winter and hard fruit, you ſhall call winter and ſowre cider, or perry; and that you may ſpend laſt, for it will endure the longeſt.

Thus after our *Engliſh houſ-wife* is experienc'd In the brewing of theſe ſeverall drinkes, thee ſhall then look into her Bake-houſe, and to the making of al ſorts of bread, either for Maſters, ſervants, or hinds, and to the ordering and compounding of the meale for each ſeverall uſe. Of Baking.

To ſpeak then firſt of meales for bread, they are either ſimple or compound, ſimple, as Wheat, and Rye, or compound, as Rye and Wheat mixt together, or Rye, Wheat and Barley mixt together; and of theſe the oldeſt meal is ever the beſt, and yeeldeth moſt, ſo it be ſweet, & untainted, for the preſervation whereof, it is meet that you cleanſe your meale well from the bran, and then keep it in ſweet veſſels. Ordering of Meale.

Now for the baking of bread of your ſimple meales your beſt and principall bread is manchet, which you ſhal bake in this manner: Firſt your meal being ground upon the black ſtones, if it be poſſible, which make the whiteſt flower, and boulted through the fineſt boulting cloth, you ſhall put it into a cleane Kimnel, and opening the flower hallow in the midſt, put into it of the beſt Ale-barme, the quantity of three pints to a buſhell of meale, with ſome ſalt to ſeaſon it with: then put in your liquor reaſonable warm and knead it very well together with both your hands, and through the brake, or for want thereof, fold it in a cloath, and with Baking Manchets.

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your feet tread it a good ſpace together, then letting it lie an hour or there abouts to ſwel, take it forth and mold it into manchets, round and flat ſcotch them about the waſt to give it leave to riſe, and prick it with your knife in the top, and ſo put it into the Oven, and bake it with a gentle heat.

Baking cheat Bread.

To bake the beſt cheat bread, which is alſo ſimply of Wheat onely, you ſhall after your meale is dreſt and bou.ted through a more courſe boulter then was uſed for your manchets, and put alſo into a cleah tub, trough, or kimnell, take a ſowre leaven, that is, a piece of ſuch like leaven ſaved from a former batch, and well fild with ſalt, and ſo laid up to ſowr, and this ſowre leaven you ſhal break into ſmal pieces into warmwater, and then ſtrain it, which done, make a deepe hollow hole, as was before ſaid in the midſt of your flower, & therein powr your ſtrained liquor then with your hand mixe ſome part of the flower therwith, til the liquor be as thick as a pancake batter then cover it al over with meal, and ſo let it lie al that night, the next morning ſtirre it, and al the reſt of the meal wel toge ther, and with a little more warm water barm, and ſalt to ſeaſon it with, bring it to a perfect leaven ſtiffe, and firme; then kneade it, breake it, and read it, as was before ſaid in the manchets, & ſo mold it up in reaſonable bigge loaves, and then bake it with an indifferent good heate: and thus according to theſe two examples before ſhewed, you may break leavned or unleavned whatſoever, whether it be ſimple corn, as Wheat or Rye of it ſelfe, or compound grain, as Wheate and Rye, or Wheat and Barley, or Rye and Barley, or any other mixt white corne; onely becauſe Rye is a little ſtronger grain then Wheate, it ſhall be good

good for you to put your water a little hotter then you did to your wheat.

Baking of brown bread.

For your brown bread, for bread or your hinde-ſervants, which is the courſeſt bread for mans uſe, you ſhal take of barley two buſhels, of peaſe two pecks, of Wheat or Rye a pecke, a pecke of Malt; theſe you ſhal grind altogether, and dreſſe it through a meale ſive, then putting it into a ſowre trough, ſet liquor on the fire, and when it boyles let one put on the water, & another with a maſh rudder ſtir ſome of the flower with it after it hath been ſeaſoned with ſalt, and ſo let it be till the next day, and then putting to the reſt of the flowre, work it up into ſtiff leaven, then mould it and bake it into great loavs with a very ſtrong heat; now if your trough be not ſowr enough to ſowr your leaven, then you ſhal either let it lie longer in the trough, or elſe take the help of a ſowre leaven with your boylingwater: for you muſt underſtand, that the hotter you liquor is, the leſſe will the ſmell or rankneſſe of the peaſe be received. And thus much for the baking of any kind of bread, which our *Engliſh Houſwife* ſhal have occaſion to uſe for the maintenance of her family.

Generall obſervations in the brew-houſe and bake-houſe.

As for the generall obſervations to be reſpected in the Brew-houſe or Bake-houſe, they be theſe: firſt, that your Brewhouſe be ſeated in ſo convenient a part of the houſe, that the ſmoke may not annoy your other more private rooms; then that your furnace bee made cloſe & hollow for ſaving fewel, & with a vent for the paſſage of ſmoke, leſt it taint your liquor; then that you prefer a Copper before a Lead, next that your Maſh-fat be ever neareſt to your Lead, your cooler nearer your Maſh-fat, and your Guil-fat under

under your cooler, and adjoyning to them all ſeverall clean tubs to receive your worts and liquors: then in your Bake-houſe you ſhall have a fair boulting houſe with large pipes to boult meale in, faire troughes to lay leaven in, and ſweet ſafes receive your bran: you ſhall have boulters, ſearſes, raunges and meale ſives of all ſorts both fine and courſe; you ſhal have fair tables to mould on, large ovens to break in the ſoales thereof rather of one or two intire ſtones then of many bricks and the mouth made narrow, ſquare and eaſie to be cloſe covered: as for your peeles, cole-rakes, maukins and ſuch like, though they be neceſſary yet they are of ſuch generall uſe they need no further relaiion. And thus much for a ful ſatisfaction to al the *Husband's*, and *Houſ-wifes* of this Kingdome, touching Brewing, Baking and all whatſoever elſe appertaineth to either of their offices.

*The end of the Engliſh houſe-wife.*

*FINIS.*

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